

PROPOSAL and AGREEMENT

Binding Contract of Commitment with the
"Person in the Mirror"

Name

Date

The undersigned proposes to furnish all materials and perform all labor necessary to complete the following goal:

I hereby swear to start today to reach out and do more with my life and achieve the greatness that I know lies within me, which is waiting to be brought out.

From this day forward, I will not be denied any longer. This is a day in my life that I finally get the guts to do what I know must be done and quit taking the easy way out. I will pay the price that is necessary to reach this goal because I know the pain of not fulfilling myself is greater than the pain of doing any job no matter how hard.

I understand that my life's plan is going to be reached by reaching one goal at a time — each being one step toward my greater future. I understand that each contract I fulfill always puts me one step closer to what I want out of life, and I will not have to settle for what others give me or just earn a living. I have a power to change my life.

Signature of Commitment

As I OK this contract, I understand that my future is in my hands only, and I can look to no one else for its fulfillment.

ACCEPTANCE

I, as agent for the face in the mirror, upon the completion of this goal congratulate you for proving once again that you can do anything that you want and be anything that you want. You can also get anything that you want as long as you know what it is.

You have taken one more step toward being the person you dream of. You may take great pride in knowing that you have the backbone to plan and reach a goal.

You are now one step closer to your major goal. As you know, major goals are just a string of successful small goals that lead you to the top.

Date Goal Fulfilled

Agent for the "Face in the Mirror"

TERMS and CONDITIONS

1. Use this contract with yourself for any goal, no matter how small or large. A goal, no matter how small should be treated with great respect because it builds your character and self-image.
2. This contract must be filled out in full and dated with starting and completion dates.
3. Your goal should be very descriptive and explicit. It should paint a very clear picture of what is wanted and when.
4. All of your contracts that have not been completed should be read in front of the mirror every day with great conviction to imbed your goals into your subconscious mind.
5. When a goal is reached, sign as agent for "The Face in the Mirror" and write in large red letters on the face of the contract, "This contract fulfilled." Save all of these contracts and keep them in order by date completed to see a growth pattern. You will be able to draw great strength from this string of successes that you have accomplished, no matter how small they may seem at first.
6. Remember, you can be as great as anyone, but you must have a plan. Each of these goals, no matter how small, will become a part of that plan and help you to turn your beautiful dreams into a fantastic, rewarding life.
7. Do not make conflicting goals, such as "I will spend more time at home and I will double my sales." These goals may not work together and may cause frustration in your life.
8. Your goals should be something you want bad enough to turn you on, light your soul on fire, and make you move and act with enthusiasm.
9. What you are doing here is deadly serious. You cannot reach a place that you want to go if you do not know how to get there. It is the same way with life. Each one of the goals become a stopping or starting point on the road map of your life. They will become the blueprint for your every success. If you don't have a blueprint, how are you going to build your life?

Please, take this extremely seriously no matter how small each goal. Reward yourself and congratulate yourself for starting the habit of planning your life. You will reap unbelievable rewards.
10. – 100. If you want your life to change, you have to change or you are going to stay just about the same as you are. Set some goals that turn you on and get your life in gear. You can do it — you can change and become or do anything you want. ***Just want!***



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