

## Agreement

I .....(name) recognise that there are things that I am currently doing which are stealing my time from me.

I commit to making the changes necessary to have more time that will allow me to live the life that I want to live both in my work and social life.

I agree to recognise when I am beginning to fall back into my old destructive habits, and to revisit the parts of this book that are relevant to helping me back to the place where I control my time and it no longer controls me.

I understand that there will be times when change seems too hard and too painful to do, but I trust that I will have the courage to follow through on my actions and that the life I can have is worth the temporary discomfort.

I vow to never use time as an excuse again because I understand that I control how I spend my time and that it is my sole responsibility to change and take charge.

I .....(name) sign my agreement to this commitment with myself;

Date .....