

Breakthrough Agreement

I am no longer waiting to feel ready. I am becoming my own proof.
For years, I told myself I'd start "when." Today is that day!
Today, I choose who I'm becoming over fear.

I am: _____

I want this because: _____

(real reason, not the social media one)

I am committing from: _____ to _____

(Days 15 to 21 and beyond)

I will keep myself accountable to: _____

I commit to taking one brave action step every single day.

Becoming the proof my old procrastination block is no longer needed.

By Day 21 I'll be on the otherside of my Procrastination block.

It's my time.

Signed: _____

Date: _____