



21-Day Agreement

by Susan Smith Jones, PhD ©

I, _____, commit that for 21 days,
starting _____, I will _____

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

21. _____

Sign Here

Witnessed By

© Susan Smith Jones is the author of 33 books, including *Wired for High-Level Wellness*, *Be the Change*, *Kitchen Gardening*, *Invest in Yourself with Exercise*, *A Hug in a Mug* and *UPLIFTED*.

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