



# Day One: Introduction and Overview

Approximate time to complete today's lesson: 20 minutes

Commit yourself to this process. You owe it to yourself to invest fully in the time it takes to craft a plan for the next 12 months. To begin, you will commit yourself, in writing to taking the time over the next 7 days to complete this easy-to-follow planning process. In the space below, please re-write the following pledge, then sign your name at the bottom of the page.

I (insert your full name) do hereby make the heartfelt commit to fully participate in this entire program from beginning to end. I understand each step is an act of courage, and is important to my success. I am investing in myself and setting empowering goals for the next 12 months. Even if I don't feel like I understand what is being asked of me in the moment, I pledge to ask questions and do the work. I commit to doing my utmost to make a plan for each of the Five Key Areas of Success, and in so doing amplify my willingness to see my dreams come true. By signing this commitment, I acknowledge my value in the world, and step forward in faith to do my great work for the next 12 months.

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Full Name

Date

# Celebrate Your Wins

What did you accomplish this past year? What were your "surprise" blessings? Use the back of this sheet or print extra copies if needed. Need extra support in celebrating? Visit the [Facebook Page](#) and let us know what you're celebrating!



A large dashed rectangular box intended for writing or drawing, occupying the right half of the page.