



## Your Commitment Contract

I \_\_\_\_\_ hereby commit, starting today \_\_\_\_\_ to participate, engage in the 90-Day Gold Rush Program to the absolute best of my abilities.

This is an important day in my life, It's the day that I make a commitment to do the work to improve, get better and build the life of my dreams.

I know that I'm incredibly awesome, which is why I'm going all in with the 90-day Gold Rush. I deserve the best that life has to offer and I'm ready to live my best life.

I take responsibility for my happiness and I am willing to get honest with myself and make necessary changes in my life.

Even though the Gold Rush isn't always easy, I will stick with the activity. I will show up on the calls, I will continue to flip the chart and I will have at least 2 accountability partners. These partners will help me to hold myself accountable to for the actions necessary. They will remind me about my dreams and desires. They will help lift me up when I feel down. We will do a self-assessment review every Friday to see how we start the new week on Saturday.

My accountability partners are: \_\_\_\_\_ and \_\_\_\_\_.

When I feel frustrated or feel like I'm not making progress, I will keep going. I will be completely honest in my self-assessments. I will make an effort to implement the Gold Rush steps.

If I feel stuck or I have questions, I will reach out for help to one of the leaders.

I am doing this because I understand that I do not need to settle.

I have the power to change my life and I will give this Gold Rush my best effort.

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Signature Commitment

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Date