

My Commitment to Creating Resourceful Values that Lead to Happiness, Success, and Inner Peace

I, _____, knowing that my values help create my life, promise to be conscious of what I value and what I focus on. When I experience unwanted results, I will examine my values, making sure that I consciously focus on what I want.

I will resolve all conflicts between values, and consciously choose to value that which leads to happiness, inner peace, and success. By choosing my values, I create my experience of life. I therefore take charge of my mind in order to exercise this power and create the life I want.

Signed: _____

Dated: _____