

THE 24 HOUR TRUTH CHALLENGE®

CONTRACT

I, _____, hereby make a commitment to my health, wealth and happiness by accepting The 24 Hour Truth Challenge®. Beginning this date at ___:___am/pm and for the next 24 hours, I will change the way I have been communicating with myself and others.

I am making this commitment because my character, integrity and growth are the most important elements of a fulfilling life and I fully understand that my words and actions greatly impact and influence the quality of my life and the lives others.

I acknowledge that The 24 Hour Truth Challenge® is designed to create acute awareness and I agree to grow my awareness on a daily basis.

I agree that this challenge is all about my inner growth and that this agreement is based on being honest with myself and with others AT ALL TIMES, even when it is uncomfortable during this time period.

I promise that in the event that I am not honest during this time period that I will refrain from self-judgment and for the remainder of the day will simply observe my thoughts and behavior. I will then renew this agreement on the following day until I have completed at least one consecutive The 24 Hour Truth Challenge®.

I recognize that when I am truthful with and accept myself that this will open the door for me to be truthful with others. This agreement is renewable daily for life.

DATED this _____ day of _____, 20_____.

Signature

To your own self be TRUE.