

# Self-Improvement Contract

I, \_\_\_\_\_, officially declare that I commit to self-improvement. I aim to make the most of my life from this day forward. I will do my absolute best to keep in mind and never forget...

- "I always have a choice."*
- "I am always growing."*
- "My thoughts matter."*
- "My habits matter."*
- "My relationships matter."*
- "The present is my place of power."*
- "All my pain and suffering are temporary."*
- "I learn from my past."*
- "I'm optimistic about my future."*

**Signature:**

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**Date:**

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