



DAY 1: COMMITTING TO QUITTING

Date: _____

I, _____, do solemnly commit to quitting this bad habit: _____

Over the next 21 days I will dedicate _____ minutes daily to tap, journal, and reflect on my feelings, motives, thinking, memories, wins and set-backs.

I recognize that I will probably experience resistance, uncomfortable emotions and limiting beliefs, so I commit to taking care of myself and taking full responsibility for my own well-being.

Signed: