



Before You Start: Self-Contract

1. Self-evaluate physically, mental, emotionally, and spiritually with a 0-10 scale. 0 means very weak and 10 means very strong.

- a. Physical: _____
- b. Mental: _____
- c. Emotional: _____
- d. Spiritual: _____

2. My Goals for **WholeHard45**: _____

3. A day is defined by when I wake up and go to bed.

4. I will check off each challenge for each day when I complete it. Not before, but after completing it.

5. I commit to **WholeHard45** Honor System. If I miss one day, I will start over. To finish I must complete **WholeHard45** in 45 consecutive days.

6. I have a Bloodstained Ally for Accountability:

My Name: _____

Signed: _____ Date: _____

My Bloodstained Ally Signed: _____

You fulfill your destiny through the things you focus most intently. So, put your focus only on things that are beautiful, marvellous, just, and joyful. Keep moving forward and don't let failures, shame, and disappointments get in the way of your dreams. Don't quit. You have what it takes. Trust in the power of the Holy Spirit.

