

I, [YOUR NAME]

Want to improve my life

I am ready to make a lasting change

In my thoughts and in my words

In my actions and in my choices

I know that my habits and my thoughts hold the key to a new life trajectory

I know that it takes 30-90 days to establish a new habit in my life

I am fully committed to improving my life and working towards my goals

I promise to give my best effort to this NL Challenge

I promise to overcome my laziness and stick to the Challenge

I promise that I won't stop until the challenge is over

I promise that if I stumble and mess up along the way, I will immediately resume and finish this challenge

I am excited at the thought of a strong and committed new me,

I promise to let this challenge build me up

A handwritten signature in black ink that reads "Nick Lusson". The signature is written in a cursive, flowing style with a large initial 'N' and a long, sweeping tail on the 'L'.