



Commitment Form

A program is only as good as your commitment to it. If you are ready to begin, print the following commitment letter, and post it wherever you will see it daily. It will serve as a reminder of the commitment you have made to yourself and to God.

Commitment Letter

I, _____, want all of the blessings that God has for me. I want to serve God with my whole being, and to honor the gift of health given me. I want to have the energy, both spiritually and physically, to do the work God has asked me to do. I recognize that I cannot be useful if I am distracted, or not physically prepared, and I agree that improving my health is important to my ministry and to God.

I also want to honor my family by taking care of myself, so that I will be there for them. I want to be able to share all that God has taught me and fully enjoy our relationship without the fear of unnecessary health issues.

Finally, I honor myself. I am not just a servant to others. I am also a child of the living God, and I deserve to be free. I deserve peace, joy and unlimited blessings, including the blessing of good health. I want to feel and look good. I want to be all God made me.

For all of these reasons, I commit myself to becoming Holy Healthy.

Signed,

Date
