



21-Day Agreement

by Susan Smith Jones, PhD ©

I, _____, commit that for 21 days,
starting _____, I will _____

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

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6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

21. _____

Sign Here

Witnessed By

Susan Smith Jones, author of over 25 books, including *Walking on Air; The Joy Factor; Healthy, Happy & Radiant...at Any Age; Living on the Lighter Side; The Curative Kitchen & Lifestyle; Vegetable Soup/The Fruit Bowl; Choose to Live Peacefully* (audiobook); *Wired to Meditate* (audiobook); and the Hay House 3-book healthy eating and living series comprised of *The Healing Power of NatureFood; Health Bliss; and Recipes for Health Bliss*.

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