

I, _____, commit to reading this book in 10- to 25-minute increments until it is finished.

I commit to focusing by forgetting my prior understanding, distractions, and limiting beliefs of what is possible.

I commit to being active in the process. I will do all the Kwik Start exercises, take notes, highlight, and practice asking myself relevant questions as I read.

I commit to manage my state of being as I read, checking in regularly with my energy levels and being proactive in adjusting my motivation as needed.

I commit to teaching what I learn to others, so we may all benefit.

I commit to entering my reading time in my calendar, because if it's in my schedule I will do it.

I commit to review what I have already learned so I can remember it better before moving on to something new.

And finally, I commit that even if I "mess up" with any of the above, I won't beat myself up. I'll get back at it and do my best.

Yes! I am ready to be LIMITLESS!

Signed,

_____ Date: _____