

1 – My Commitment to Myself



My Commitment to myself

- I commit to reading Cat's emails (2 per day)
- I commit to doing the 2 critical exercises each week
1 hour max per week to complete
- I commit to filling out the Daily Action Tracker

Signed by: _____

On this date: _____

Congrats! Print this and put it up on your wall.



CAN'T COMMIT? FEELING OVERWHELMED?

That's okay! That's real. That's life. This might not be the right time for you to go after a better job or new career. If you don't feel like you can commit right now, let us know and **we will give you your money back**. Just send us an email here: ImNotReady@arbez.com. You can come back to us when things settle down and you feel like you can make this commitment to yourself.

Wait ... did that make you mad? Did you just come back fighting for this, because you want to go get a great new job right now? Then maybe this IS the right time, but you're just a little scared. I get that!

'Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must, but take a step.' – Naeem Callaway

So ... what's it gonna be? I'm a little biased, but I sure hope you just said "Yes" to getting that life & career you deserve.