

January 5, 2012  
Have a fantastic morning!

# SLOW DOWN DAVID ESSEL'S CONTRACT FOR LIFE CHANGE

## STATEMENTS OF DEDICATION

To ensure success in your Contract for Life Change, I ask you to read these statements aloud every morning and evening. Dedicate your life to positive change. Remember, we become what we think about daily.

- I am surrounded by the power of pure, positive intention, by the spirit of God and the Angels.
- I release past hurt and pain, and choose to live in the brilliance of the present moment.
- I am unlimited love, unlimited potential.
- I am pure abundance in every area of my life.
- I am here to lift the spirits of everyone I meet, every day I am here.
- I believe in the amazing gifts I have been given, even those that I have not uncovered.
- I forgive those who have hurt me in the past and move forward with love.
- I am powerful, disciplined, joyful in every moment I am here.
- I realize happiness is a choice. I choose to create my thoughts with joyful intention.
- I am wildly successful in life ... and am blessed by this very day in front of me.
- I am blessed with complete financial abundance.
- I am healed in all ways and work with those who have the best intention to assist me in obtaining high levels of health.
- I surround myself with loving people and choose to love deeply in return.

## CONTRACT FOR LIFE CHANGE

I, \_\_\_\_\_, from this moment forward, on this date \_\_\_\_\_  
COMMIT myself to \_\_\_\_\_

/s/

For every day I accomplish this task, \$ \_\_\_\_\_ goes into my home bank to be used in a positive way \_\_\_\_\_  
at the end of 30 days ( i.e., a massage, tennis lesson, etc. ). For every day I miss my goal, no excuses accepted at all, I will write a check for \$ \_\_\_\_\_ to a charity of my choice. I commit to this contract and will do whatever it takes to make this life change.

\_\_\_\_\_  
Signature / Date

\_\_\_\_\_  
David's Signature / Date

www.davidessel.com