

# *Tune Up Your Brain*

## **Seven Day Mental Diet Commitment**

I, \_\_\_\_\_, on this \_\_\_\_\_ day of \_\_\_\_\_ at \_\_\_\_\_ am/pm, make the commitment to myself to begin the seven day mental diet and steadfastly adhere to it until \_\_\_\_\_ am/pm on \_\_\_\_\_.

I will remember that whenever I am tempted to entertain a negative thought, to quickly cast it off like an ember from my sleeve – knowing that this is the ancient golden key to all I desire and dream of in life.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_