



KAREN MCKENNA-VELIOTIS

## My Goal and Commitment to Myself

### My Goal

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**SMART:** Specific, Measurable, Attainable/Action oriented, Realistic and Tangible/Timely

**S**

**M**

**A**

**R**

**T**

### The Consequences

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### My Commitment to Myself

I, the undersigned commit and agree to furnish all materials and labor necessary to create a system that works to organize my space so I can live **my life with joy**.

I hereby commit to making the time to learn and incorporate the principles learned. I will make the necessary appointment to either to work by myself or with Karen, the Professional Organizer in order to achieve the goals I have stated above.

I will pay the price that is necessary to reach the life with joy that I seek. I understand it is a process that I will need to learn and to incorporate into my daily life. Each day will get me closer to my goal which is to live **my life with joy**. Because, I know that not fulfilling this goal will leave me feeling short changed in my life.

I have the power, the knowledge and what it takes to achieve my goal.

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Signature of Commitment

\_\_\_\_\_  
Date