



THE 4A RESET CONTRACT

A Personal Commitment to Clarity, Alignment, and Action

This Contract is entered into on this date:

Date: _____

By and between:

Name: _____

(Hereafter referred to as "*The Individual*")

PURPOSE

The purpose of this Contract is to formally acknowledge a personal decision to reset—not restart—by committing to truth, responsibility, alignment, and intentional action.

This Contract serves as a written declaration that the Individual chooses growth over comfort, integrity over excuses, and momentum over perfection.

STATEMENT OF INTENT

I, the undersigned, acknowledge that meaningful change requires honesty, ownership, and action. I understand that clarity without commitment produces cycles, not progress.

By signing this Contract, I willingly commit to the principles of the **4A Reset Framework** as outlined below.

THE 4A COMMITMENT

1. ACKNOWLEDGE

I commit to telling the truth about my current reality—without blame, denial, or justification.
I accept responsibility for my role in where I am, knowing that ownership is the starting point of freedom.

2. ACCEPT

I commit to releasing what I can no longer control, including unresolved resentment, unforgiveness, and self-condemnation.
I understand that acceptance is not approval—it is the decision to stop carrying what no longer serves my future.

3. ALIGN

I commit to realigning my life with my values, priorities, and purpose.
This includes reevaluating my habits, environments, and relationships, and intentionally positioning myself around people and influences that reflect where I am heading—not where I have been.

4. ACTION

I commit to intentional movement, even when uncomfortable.
I understand that progress is built through consistent, imperfect action—not waiting for ideal conditions.

DECLARATION OF INTENTIONAL ACTION

As part of this Contract, I commit to taking the following **specific action within the next 24 hours** to create momentum:

My Immediate Action:

STATEMENT OF IDENTITY

I affirm that I am becoming a person of clarity, discipline, and integrity.
I no longer wait to feel ready—I move because I am committed.

This Contract represents who I am choosing to become.

TERM OF COMMITMENT

This Contract is effective immediately upon signing and is to be revisited daily for the next **seven (7) days** as a reminder of this decision.

I understand that resets are not one-time events, but repeatable decisions.

SIGNATURE

By signing below, I acknowledge that I am entering into this Contract willingly, honestly, and without reservation.

Signature: _____

Printed Name: _____

Date: _____

“If I fall, I reset. I will not quit. As a matter of fact...I FORGOT **HOW** TO QUIT!”