

## ACTION PLAN OF THE WEEK

**You have to face it to erase it! Stand in your truth and take the first step in eliminating your debt forever.**

- ☐ Talk to Your Partner Before Spending
- ☐ Sign the “Stand in Your Truth” Pledge
- ☐ Reveal Your Debt
- ☐ Talk to Your Family About Money
- ☐ Give to Yourself As Much As You Give of Yourself
- ☐ Check Your FICO Score

Notes: \_\_\_\_\_

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# A Pledge to Stand in The Truth

I, \_\_\_\_\_, pledge to stand in my truth.

*I understand that only by standing in my truth will I be able to create a foundation from which to build lasting security.*

*I pledge to recognize and embrace what is real for me today—not what used to be true or what I wish were true—and to ground every choice I make in that truth.*

*I pledge to live below my means, but within my needs.*

*I pledge to learn to take greater pleasure in saving than spending.*

*I pledge to define myself by who I am, not what I have.*

*Every thought I think, every word I speak, and every action I take from this day forward will reflect that I am standing tall in my truth and will keep me committed to a path that will lead to peace, financial security, and happiness.*

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

PROUD TO BE AN AMERICAN

Witness: \_\_\_\_\_

I SUPPORT THIS PLEDGE

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

