

OPRAH'S DEBT DIET



America's Debt Diet Contract

I, _____, agree to follow the steps of the debt diet as prescribed by the America's Debt Diet experts. I'll make the changes necessary in my life, which may help preserve my finances and secure my future as well as my relationships. If I have trouble along the way, I will not revert to my old habits. I will not spend. I will lean on my family and friends and the Debt Diet principles for support so that I will not mortgage my future any further.

Signature

Date