

40 Days on the ROAD
By Mike Hansen
ACTION WORKSHEET

MY REASON(S) FOR QUITTING PORNOGRAPHY

WITH WHOM AM I GOING TO SHARE THIS WORKSHEET?

CONSEQUENCES FOR NOT ACHIEVING 40 DAYS

REWARD FOR MAKING IT 40 DAYS

BY SIGNING BELOW:

- I agree to try to make it at least 10 days without pornography in my life
- I agree if I can make it 10 days, I can make another 10

MY SIGNATURE

TODAY'S DATE

BONUS: SIGN AGAIN AND PRE-DATE WHEN THE 40 DAYS IS UP

MY SIGNATURE

DATE AT 40 DAY MARK