



**433-A (OC)**  
March 2015

**Collection Information Statement for Wage Earners and Self-Employed Individuals**

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**empower**

**433-A (OC) 1-15-15**

The following information is required to be reported to the Internal Revenue Service (IRS) by the employer, self-employed individual, or other person who has information about the individual's earnings and deductions. This information is used to determine the individual's tax liability.

**Part I**

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# My OGFIT PLEDGE TO BE My GREATEST

## “I CLAIM MY HEALTH NOW”

I, \_\_\_\_\_,

On this Day of \_\_\_\_\_,

Pledge to be my Greatest Every day, and Every Minute,  
from Now on.

I will do my best to nourish all of my 33 plus needs, like food, I will consistently feed myself with these needs.

I will pay attention to my wellness.

I Pledge to Love myself by Having an Attitude of Commitment to Being Happy and Fulfilling my Dreams and Super-Goals.

I Pledge to Create Time Daily to Invest in Myself, My Family, and My Community.

I will invest in myself at least one minute daily by Training my Body with OGFit- Simple Bodyweight Exercises. I will do my Best to Complete a 10 Minute Workout Daily.

I commit to giving attention every day, to at least one human need so I can thrive more and more.

I will not settle for anything but the best for me. I will make my life better daily until I Love my Life and feel Great.

I give up making excuses because they do not improve my life. I will ask how I can get what I want, instead of an excuse why I could not.

I Pledge to feed my body with Fruits and Vegetables of every color and eat more until my food makes me feel good. I will eat more quality foods until less nutritious foods are not a significant part of my diet.

I will do my best to relax and breath deep as often as possible. I commit to investing in myself and being patient and loving to myself by thinking of my goals instead of fears, as often as possible. If I feel stressed I will give myself time to breathe deep and not force myself to eat.

I pledge to increase every factor of my wellness.

I know I am worth it.

My  
Physical Wellness,  
Mental Wellness,  
Spiritual Wellness,  
Social Wellness,  
Emotional Wellness,  
Environmental Wellness, And  
Occupational Wellness,  
is always increasing because  
I will find a way to be happier, healthier, and stronger,  
daily.

I Pledge to Make Super Goals  
To Create Super Rewards  
With Super Risk  
And Take Massive Action.  
I Will Sacrifice  
Any Limiting Thoughts or Actions  
That limits  
My Blessings.

Sunlight	Fresh Air	Clean Water
Human Touch	Sleep During Night	Rest and Relaxation
Meditation	Progressive Education	Controlled Deep Breathing

Eating - Nutrition	Exercise	Activity
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Creativity	Expression, Music, Art,	Emotional Poise
Purpose in Life	Healthy Relationships	Self Respect and Confidence
Gratitude and Grace or Prayer	Purpose in Life	Occupational Wellness

Monetary Wellness	Mental Clarity and Memory	Discipline for Goals
Clear Intentions and Goals	Meaning from Life	Positive Beliefs

OGFIT Pledge To Your Greatest

Beauty	Attention and Affection	Shelter and Safe Environment
Freedom	Friends and Family	Mentors

Free From Harmful Activities, Perceptions, and People That Cause Harm.

Please Add More, Or Your Top 3:

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