

Commitment Worksheet

Restate or Clarify
your Goal and
Target Date.

Why is this goal important to you? Be specific.

How will your life change when this goal is achieved? List all of the possible impacts:

POSITIVE

NEGATIVE

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For the negative impacts this goal may have on your life, how will you mitigate or work through each one? (NOT working through these potentials in your mind NOW, may lead to subconscious deviation from your commitment LATER - i.e., cognitive dissonance.)

Close your eyes and picture yourself as your "GOAL SELF". Visualize and reflect on the following. :

- How do you wake up and spend the first part of your day?
- What do you wear? How do you get ready?
- How do you move through your day?
- How do you walk, sit, relate to others?
- What do you do for fun, relaxation and pleasure as this GOAL SELF?
- What and how do you drink and eat throughout the day and evening?
- How do you come home and/or wind down from your day?
- When and how do you sleep?

(Feel free to add more! Use the other side of the page or a journal to really connect with this future you.)

Consistent Action Commitments

Use this space to identify what you will start and stop doing to become your GOAL SELF **NOW**. Give yourself dates and schedule whatever needs to be scheduled to stay on task (i.e., meal prep, workouts, shopping, work, breaks, journaling, etc...). I started one for you that I highly recommend:

START

- Write down my goal and how I did/what I need to adjust every night before bed. Review each morning.

STOP