



Commitment Strategy Sheet

These items, written here, will make a difference in my life. I have stated them in the positive.

E.g. "I won't smoke anymore" versus "I commit to living a smoke-free life."

As I successfully complete each one I will give my Self a great big check mark right across the Gold Star!

In the next moment I commit to:



What steps do I need to take to create my success

1 _____

In the next week I commit to:



What steps do I need to take to create my success

1 _____

2 _____

3 _____

Starting today, in the next month I commit to:



What steps do I need to take to create my success

1 _____

2 _____

3 _____

4 _____

5 _____

Starting today, in the next 6 months I commit to:



What steps do I need to take to create my success

1 _____

2 _____

3 _____

4 _____

5 _____

Starting today, in the next year I commit to:



What steps do I need to take to create my success

1 _____

2 _____

3 _____

4 _____

5 _____