

Living My Commitment to Wellness

This form is intended to support you in keeping your commitment vibrantly alive! Complete it and post it in an area(s) you will see it often!

I am committed to Taking Command of My Pain.

I will do this by:

I will schedule time daily to honor my commitment to wellness. I will schedule this time on my calendar and I will keep the appointment with myself!

I will Creating Awareness of My Pain Reaction by doing the SEE Your Pain Activities every day (or _____).

I will remind myself to do this by setting an alarm on my phone or using the Mindfulness Bell App

I will reduce the impact of pain and suffering on my body, mind, heart, and spirit by utilizing a pre-determined activity on the Creating Pain Tolerance activity. Attach the completed tool!

I will share my commitment with the following person(s) so they can support me and hold me accountable to my goal:

I will share my progress with that person daily/weekly.

I will allow my tribe to contribute to me in times of stress by reaching out and sharing my experience!

I will authentically evaluate my progress weekly using the Getting Real Authenticity Assessment. I will recommit to Taking Command of My Pain Weekly.

My Mantra is: