

Living My Commitment to Wellness

I AM COMMITTED TO TAKING COMMAND OF MY WELLNESS.

I am committed to _____.

I will do this by:

MONITORING TOOL

What gets measured gets done! The intention of this form is to track your results with doing the routine you have identified. If you are not scheduled to complete the activity on that day, simply mark through it! You may also wish to monitor this using your calendar or other planning devices. Think of creative ways you can monitor your progress!

I am committed to _____.

Day	Goal #	Accomplished #
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

If you have an accountability partner, share this with your partner for additional support!

AUTHENTICITY ASSESSMENT

The intention of this activity is to get real with yourself and authentically acknowledge your progress in this process. The intention is NOT to make yourself wrong or to brow beat yourself. Be gentle and kind with yourself and celebrate any win, no matter how small! Keep this mantra in mind as you complete this activity: Each day I did my best AND each day my best was different. Share your responses with your support partner.

First, simply acknowledge and congratulate yourself for doing this activity! It truly demonstrates your commitment to your wellness!

Now ask yourself these questions:

- What went well regarding this area this week? Celebrate these wins! Do your own happy dance!!!
- Did I honor my commitment to myself and others this week?
- What is my experience of myself-body, mind, heart, and spirit? What is my self-talk right now?
- What didn't go as I designed it?
- What got in the way of my success?
- What structure could I add to improve my success?
- What new actions do I see that will make a difference?

Revise your Living My Commitment to Wellness form with what you learn from doing this activity. Awesome work!