

start here ... by filling in the first **three** parts - getting clear on what exactly you are committing on.



what ?
promise **1** why?
visualize

I will go to bed exactly at 10 pm

what ?

what ?
promise **2** why?
visualize

I want to feel refreshed over the whole day keeping me more relaxed and calm over the period of the whole day. I want my mood to be good again.

why ?

what ?
promise **3** why?
visualize

I see myself turning off TV at 9 pm and then reading a good book drinking a cup of tea. This is just so relaxing, fun and inspiring. On some days I will give a good friend a phone call and ask them how they are doing. At 9:45 I will go to the bathroom and make myself ready for bed. I can see and feel myself looking forward to my cosy bed.

visualize

what ?
promise **4** why?
visualize

I, *Your name*, promise to follow through on my commitment to do the above.

promise

Date: *01.01.2019*

Signature: *XXX*

account **5** able
account

I'll keep myself accountable

I will be held accountable



From: *Barbara*

With: *daily whatsapp*

accountable

then ... close your commitment by making a promise to yourself and getting yourself accountable



Commitment

Commitment is an Act, Not a Word

- JEAN-PAUL SARTRE -



what ?



why ?



visualize




promise

I, _____, promise to follow through on _____
 my commitment to do the above.

Date: _____ **Signature:** _____



accountable

| | |
|---|---|
| <input type="checkbox"/> I'll keep myself accountable | <input type="checkbox"/> I will be held accountable  |
| <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> |

From: _____
With: _____