

# My Commitments

NAME:

DATE:  
COMMITMENT:

DATE:  
COMMITMENT:

DATE:  
COMMITMENT:

DATE:  
COMMITMENT:

DATE:  
COMMITMENT:

DATE:  
COMMITMENT:

Keep your commitments simple and achievable!

*"I believe I am doing the best I can, at all times, in each moment"*



Mindfulness  
MEGHAN

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How will I achieve what I've committed to?  
*"I commit to courage by not letting fear guide me"*

GROUNDING:  
WHAT DO I NEED NOW, TO FEEL  
SELF-ACCEPTANCE?

SELF-COMPASSION:  
HOW CAN / DID I  
INVITE PEACE, LOVE  
AND JOY INTO ME?

HOW DID I FEEL WHEN I STUCK TO MY  
COMMITMENT(S)?

IS THERE ANYONE I'M GRATEFUL FOR THAT  
SUPPORTED ME IN HONORING MY COMMITMENT(S)?

I FORGIVE MYSELF FOR:

ONE NEW TOOL I CAN EXPLORE  
TO SUPPORT ME IN TIME  
MANAGEMENT, PLANNING AND  
FOCUS:

