

Daily Commitment Sheet

~~Yawn-Breathe-Stretch-Relax-Observe-Accept-Release-Affirm-Commit~~

When you awake, spend a minute slowly stretching and yawning as you relax every muscle in your body. When you feel fully centered and relaxed, ask yourself: "What is my deepest value for today?" Write it down, and then select a simple, achievable commitment for today. Next, briefly write down several ways you might sabotage your goal, and then briefly write down several counter-strategies. At the end of the day, write down your successes for the day and what you feel grateful for. Create a simple breathing affirmation that incorporates your values and positive qualities you want to bring into your life.

TODAY'S VALUE: _____ DATE: _____

TODAY'S COMMITMENT AND GOAL:

POTENTIAL SABOTAGE BEHAVIORS:

- 1.
- 2.

COUNTER-STRATEGIES:

- 1.
- 2.
- 3.

CREATE A STRESS-REDUCING AFFIRMATION: Pick two words that have deep meaning and value – words that make you feel calm, focused, and confident – and put them into the following sentence:

"I breathe in _____, I breathe out _____."

Or select a negative word of a quality you want to release and put it after the phrase "I breathe out _____." Experiment with different words and then repeat the sentence that feels best each hour of the day.

Today's Accomplishments and Gratitudes:

At the end of the day, write down three things you did well and briefly explain why. Then write down several things you feel grateful for. Positive Psychology research has proven that using these two strategies for just 7 days will cause self-esteem and confidence to gradually INCREASE over the next 3 months. Writing increases goal achievement by 50%.

- 1.
- 2.
- 3.

I feel grateful for: