



# Courage to Commit

## Worksheet

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1. Follow the prompts below.
2. As you answer, connect with your “Why.” The stronger your “Why,” the stronger your commitment will hold.

## Commitment #1

**My Commitment:** *(A commitment I have made to myself and/or others)*

**Why this commitment is important to my: Current Self?** *(Why is this important to me today?)*

**Why this commitment is important to my: Future Self?** *(How will this set me up for success in the future?)*

**Schedule it:** *(When and how I will take action on my commitment)*

**Staying on track:** *(Who are my community and accountability partners?)*



1. Follow the prompts below.
2. As you answer, connect with your “Why.” The stronger your “Why,” the stronger your commitment will hold.

## Commitment #2

**My Commitment:** *(A commitment I have made to myself and/or others)*

**Why this commitment is important to my: Current Self?** *(Why is this important to me today?)*

**Why this commitment is important to my: Future Self?** *(How will this set me up for success in the future?)*

**Schedule it:** *(When and how I will take action on my commitment)*

**Staying on track:** *(Who are my community and accountability partners?)*



1. Follow the prompts below.
2. As you answer, connect with your “Why.” The stronger your “Why,” the stronger your commitment will hold.

### Commitment #3

**My Commitment:** *(A commitment I have made to myself and/or others)*

**Why this commitment is important to my: Current Self?** *(Why is this important to me today?)*

**Why this commitment is important to my: Future Self?** *(How will this set me up for success in the future?)*

**Schedule it:** *(When and how I will take action on my commitment)*

**Staying on track:** *(Who are my community and accountability partners?)*

