

Commitments

Commitments are ongoing quality of life shifts. Commitments are different from goals. With a goal, there is a specific point in time where you have either accomplished it or not. It is measurable and specific. For example: you have either increased your income by 30% by September of 20XX or you have not. A commitment is not measurable. It has to do with a state or kind of being you want to create in your life. For example: I am committed to having joy and self-expression in my work.

Using the Wheel of Life as a guide, look to see what you are committed to creating in the following areas of your life.

My Commitments:

Career

Money

Health

Friends & Family

Significant Other

Personal Growth

Fun & Recreation

Physical Environment
