

Royal Life Coaching

Date: ___/___/___ Name: _____

Commitment Worksheet

What does “commitment” feel like to you?

- _____
- _____

Where are you over-committed?

- _____
- _____

Where are you avoiding commitment?

- _____
- _____

Can you release the feeling of obligation and make commitments from genuine desire and dedication?

Yes ___ No ___

What would happen to your life if you put your WHOLE self in?

- _____

What is it that you have a POWERFUL enough reason to commit to?

- _____
- _____

What do you need to relinquish your commitment to?

- _____