



COACHING

THE COMMITMENT CARD

"I don't think that as a participant in life you cannot be committed. You either commit to mediocrity or commit to greatness."

Les Brown

"Don't be lame, commit to your greatness."

Jenn Walker

Date _____ Signature _____

I _____ to myself _____



CHECKLIST:

- Print out this page
- Fold over card
- Write out your commitment: Your Big Audacious Goal, Sign and Date
- Cut out, and tape or glue together
- Put in your wallet to have a little "Pocket Walker" – I GOT YO' BACK!!
- Write the same commitment on your mirror with a dry-erase marker, and make it into your computer/phone screensaver/desktop
- READ OUT YOUR COMMITMENT 2X/DAILY MORNING AND NIGHT
- Close your eyes and FEEL your commitment in your bones and right NOW
- View a 20 second clip from your eyes of this being your reality