



INNERLIFE ADVENTURES

Commitment/Accountability Worksheet

Use this worksheet to make a commitment to yourself that you will do a certain task, exercise, or behavior change. If you don't do it, don't make it wrong or bad. Just make notes on what prevented you from doing it and pick it up again the next day.

I am committing to _____. My goal is _____ times per _____.

Day: _____ Date: _____ Committed today? Yes / No	Practiced today? Yes / No When? _____ How long? _____	Comments/Notes:
Day: _____ Date: _____ Committed today? Yes / No	Practiced today? Yes / No When? _____ How long? _____	
Day: _____ Date: _____ Committed today? Yes / No	Practiced today? Yes / No When? _____ How long? _____	
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