

YOU MATTER

# 4 TIPS ON HOW TO HONOR YOUR COMMITMENTS TO YOURSELF



1

Get crystal clear on the Commitments you want to make to yourself. Write them down!

2

Create a habit that helps you meet and keep your commitment. Find a way to track your progress until it becomes automatic.

3

Get Excited! List the positive outcomes that can happen if you follow through on the commitments you make to yourself.

4

Hold yourself accountable! Write a contract with yourself to commit to your commitments.