



Personal Commitments Worksheet

Journaling for Making and Following Through on Personal Commitments

Each day brings a combination of good and bad experiences. Our human brain tends to focus more heavily on bad experiences, while forgetting to focus on the constructive activities and thoughts we want to weave into our minds.

Journaling along with reflecting on your thoughts enables you to focus on those things that help you change your way of thinking, acting, and being. Making personal commitments is essential to the change process. To reinforce your personal commitments, this journal is designed to help you stay true to yourself.

My Commitment:

Record three ways in which you reinforced your commitment today: Date: _____

- 1.
- 2.
- 3.

How I felt: _____

Obstacles that got in my way:

How I can help myself overcome those obstacles:

What I feel good about:
