

## My Commitment to Myself and the World \*

Starting today, I am devoting myself to [SPAN OF TIME] of unapologetic self-care.

I am devoting myself to this commitment because I care about [FILL IN THE BLANK].

This commitment deserves my full focus, attention, discipline, boundary-setting, and love.

For this [SPAN OF TIME], I am releasing the following [commitments, habits, people, patterns, beliefs, old stories] from my life: [FILL IN THE BLANK].

I am releasing these things because I need to create space and energy for learning more about myself and what the next tier of this creative storytelling journey holds.

I believe that the world needs more [FILL IN THE BLANK] and that's what I am here to create and become.

When things feel overwhelming, I will remind myself to: [FILL IN THE BLANK].

I have the power to leave the world and the people around me in better condition than I found them. I don't have to reach for that power. I have it, right now. And always.

I am devoted. I am focused. I am ready. I am enough. I know what I am here to do.

I am officially signing this agreement with myself.

[SIGN] and [DATE]

Every word is true.

And so it is.

\* Adapted from Alexandra Franzen's *Commitment Journal* with thanks to Bex Weller for her leadership.