

## My commitments

Now	
Myself	My relationships
<i>My commitments are:</i>	<i>My commitments are:</i>
<i>I am committed to these because:</i>	<i>I am committed to these because:</i>
<i>I demonstrate my commitments by:</i>	<i>I demonstrate my commitments by:</i>
<i>The benefits are:</i>	<i>The benefits are:</i>

**In the future**

**Myself**

**My relationships**

*I would like to commit to:*

*I would like to commit to:*

*I want to commit to this because:*

*I want to commit to this because:*

*I could demonstrate my commitment by:*

*I demonstrate my commitment by:*

*The benefits could be:*

*The benefits could be:*