

## 32-Day Commitment

Because I know that this commitment will keep me on course to my goals, I promise myself that every day for the next 32 days I will take the following action: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	
Day 11	
Day 12	
Day 13	
Day 14	
Day 15	
Day 16	

Day 17	
Day 18	
Day 19	
Day 20	
Day 21	
Day 22	
Day 23	
Day 24	
Day 25	
Day 26	
Day 27	
Day 28	
Day 29	
Day 30	
Day 31	
Day 32	