



JOURNAL YOUR COMMITMENT

This exercise is simple, although you might also find it challenging. It is not often that we sit down and write promises to ourselves. We want you to sit down together – (as a couple / or as a family) and write a few sentences about why you want to make this change in your life. What is it that you want to do more of, what do you want to do less of, and what do you want to stay the same? This is really important and it personalises the program specifically for you and your benefit. Everyone's list will be different, write down the things that are important to you. Writing it down is also an important commitment, something you can reflect on if you feel yourself wavering in the weeks ahead.

DO MORE

DO LESS

STAY THE SAME