## My commitments

|  |  |
| --- | --- |
| **Now** | |
| **Myself** | **My relationships** |
| *My commitments are:* | *My commitments are:* |
| *I am committed to these because:* | *I am committed to these because:* |
| *I demonstrate my commitments by:* | *I demonstrate my commitments by:* |
| *The benefits are:* | *The benefits are:* |

|  |  |
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| **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:* |