

NON-NEGOTIABLE COMMITMENT SHEET

Cut the Crap | Lucas Heffner

Plan for life before life happens.

Choose one manageable commitment. Decide when you will keep it and how you will adapt when your normal plan is unavailable.

The specific action I am committing to:

I will complete it on these days:

This matters to me because:

PLAN A - What will I do, when, and where?

PLAN B - When Plan A is unavailable, what will I do instead?

PLAN C - When neither Plan A nor Plan B is workable, what is my next option?

The obstacle I am most likely to encounter:

The preparation I can do now to handle it:

MY AGREEMENT WITH MYSELF

I choose this commitment because it supports the life I want to live. I will prepare my backup plans before I need them. When circumstances change, I will choose the appropriate plan. If illness, injury, or a medical restriction makes my plans inappropriate, I will adjust safely rather than force my way through. If I miss a day, I will return at my next planned opportunity.

Signature (typed name or handwritten):

Date:

Start date:

A real obstacle changes the plan. It does not eliminate the commitment.

Type in the fields and save your completed copy, or print and complete by hand.