**Staying Motivated Commitments**

Download the PowerPoint deck to this session to provide ideas, but feel free to use any ideas that will help keep you motivated.

For 45 consecutive workdays, I will commit to the following three things to help me stay motivated. There is room for more commitments in the table, but don’t take on more change than you can handle. Three new commitments is plenty for most people.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Commitment | Start Date | End Date |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |
| 5. |  |  |  |
| 6. |  |  |  |