

COMMITMENT TO CHANGE

1. What area do you need to change or what challenge are you facing next week?

.....

2. What will it cost you emotionally if you do change? What fear will you have to face?

.....

3. What will it cost you if you don't change?

.....

4. What is your plan to maintain your restoration regarding these changes?

.....

5. Who will keep you accountable to this commitment?

Name _____ Day _____

Name _____ Day _____

Name _____ Day _____

.....

6. What are the details of your accountability for this week? What questions should they ask you?

.....