

MY 'ONE WORD COMMITMENT for the year'

Here is my *Epp Method of choosing your one word Commitment*:

Spiritual / Stretch

How is this commitment spiritual and / or cause you to know that it is bigger than you are? Does it stretch you?

Motivation / Milestones

How does this commitment motivate you? What milestone markers can you put in place to ensure that you succeed with this commitment consistently?

Ability / Attitude

Is it within your physical, mental, financial etc. abilities to achieve this commitment? How can you have an abundant mindset and positive attitude towards life and this commitment?

Radical / Risky

How is this commitment radical to you? How does this commitment require for you to take calculated risks?

The Right Thing

Is this the right commitment for you right now at this point in your life? How do you know that this commitment is right for you right now?

Your 'ONE WORD' that you are committing to this year is:

Why are you committing to this 'ONE WORD' this year?

Name:

Date: