

MY 'ONE' COMMITMENT for the year is:

Here is my *Epp Method for Discovering My 'ONE' Commitment for the Year*©:

Spiritual / Stretch

How is this commitment spiritual and / or cause me to know that it is bigger than I am? How does it stretch me?

Motivation / Milestones

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

Ability / Attitude

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

Radical / Risky

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

The Right Thing

Is this the right commitment for me right now at this point in my life? How do I know that this commitment is right for me right now?

Why am I committing to this 'ONE' this year?

Name: _____ Date: _____

My 'ONE' Commitment for the Year is:


My 7 Power Habits that will see that my 'ONE' Commitment works!

- Power Habit #1 – Keep your 'ONE' in front of you.
- Power Habit #2 – Use the 'KISS' (Keep it Simple Silly) strategy.
- Power Habit #3 – Focus, Focus, Focus
- Power Habit #4 – Meditation and / or Visualisation of your 'ONE.'
- Power Habit #5 – Get up early.
- Power Habit #6 – Use the Power of Words.
- Power Habit #7 – Make Rewards Crucial.

Month and Year:

How will I use my 7 Power Habits to be consistent and successful with my 'ONE' Commitment this month?

My 'ONE' Commitment MONTHLY **AAA**

	Action	Assess	Adjust
	My Beginning of the Month Action Steps for my 'ONE' Commitment. I Will:	My End of the Month Assessment. How did I executive my Action Steps?	My end of the month Adjustments. How can I adjust or redirect my strategies and actions next month?
<input type="checkbox"/>	1)		
<input type="checkbox"/>	2)		
<input type="checkbox"/>	3)		
<input type="checkbox"/>	4)		
<input type="checkbox"/>	5)		