

YOUR COMMITMENT

checklist

BODY

- Listen to your body
- Create moments of stillness
- Watch your alcohol consumption
- Rest
- Empty your brain (mindfulness)
- Breathe
- Laugh
- Cry
- Scream
- Move
- Sunlight

SPIRIT

- Meditate
- Pray
- Spend time in nature
- Listen to music
- Garden
- Practice gratitude
- Give back
- Study yourself
- Fast

MIND

- Identify 'mind traps'
- Reframe your thoughts
- Create pockets of release
- Practice thought dumping
- Affirmations
- Positive self-talk
- Accountability
- Healthy boundaries
- Ask clarifying questions

LEVEL UP

- Less explaining, more doing
- Focus on your focus
- Build momentum (brick by brick)
- Release the spirit of comparison
- Remain Flexible
- Slow + steady
- Work your plan
- Embrace life-long learning



SHORT-TERM GOALS

-
-
-
-

PURPOSE

-
-
-
-

LONG-TERM GOALS

-
-
-
-

PASSION

-
-
-
-
-



ACCOUNTABILITY CORNER

-
-
-
-

AFFIRMATIONS

-
-
-
-



discover the power of your pieces

Notes:

Contact:

info@pinnacleofpurposecounseling.com

www.pinnacleofpurposecounseling.com

IG: @thesocialworkertherapist

IG: @pinnacleofpurpose