

**Exercises — Write your answers in the space provided below.**

1. Make out a want list — write down everything that you would like to see come about in your life.

2. After you have completed your want list, number the items in their order of importance.

3. Make item number one as your present primary goal; use the balance of the list for later reference.

4. Write down your current goal on this commitment card, print it out, and carry it with you in your wallet or purse.

**MY COMMITMENT TO MYSELF**

I, \_\_\_\_\_, hereby commit to pursuing my goal of \_\_\_\_\_.

Signature \_\_\_\_\_ Date \_\_\_\_\_

5. How will the achievement of this goal improve your life?