

# Level up your **Inner Power** of **Commitment**

*Your inner commitment is one of your super powers. Use this worksheet to switch it on and fire it up! As you read through the following questions, connect inward with your heart-space and write down whatever answers come, without editing or judging it. Be completely honest with yourself and curious to uncover the energy underneath.*

Q1. What is it I *want*? (eg: I want to be/do/have...)

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Q2. How *committed* am I (on a scale of 0-10), and *why*?

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Q3. What am I willing to *give up*, to lose, for me to be/do/have the thing I want? (eg: old thought patterns, limiting beliefs, conflicting needs, sabotaging behaviours or habits)

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Q4. Am I willing to prioritise this *above all else*? If not, *why* not?

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# COMMITMENT WORKSHEET

Q5. Do I truly believe it is possible? What part of me doesn't *fully* believe I can have it—or doesn't feel safe having it?

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Q6. What subconscious stories or belief patterns do I now need to change and level up to *support me* in experiencing the things I want?

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Q7. What would a full-body *YES* energy look/feel/sound/be like in this situation? (really *lean into it* and describe everything in *full details*)

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Q8. What is it I now need to release, forgive, let go of, or integrate for me to feel *fully* committed?

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Q9. Am I willing to be *fully* accountable? Who can I ask to be my accountability partner?

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