



POWERFUL QUESTIONS

TO CLARIFY THE LIFE YOU CHOOSE

Ask yourself: Are the answers you wrote important in your life?
Will moving toward these help you to be the person you want to be?

LET GO

What are problematic behaviors I want to do less of or reduce in my life?

GROW

What behaviors do I want to see grow in my life to improve or maintain who and what is important to me?

ACCEPT

What painful experiences in my life do I choose to accept or make peace with?

CONNECT

Who or what in my life do I choose to forge a new or deeper connection to?

COMMITMENT QUESTIONS

Score your commitment questions for each category every day on your tracking sheet. Ask yourself each question and score each individually. Use the next worksheet to track your answers.

Did I do less of or reduce a problematic behavior I want to let go?

Did I grow my life toward improving or maintaining who or what is important to me?

Did I choose to accept or make peace with my painful experiences?

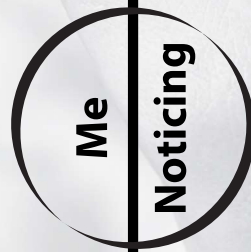
Did I forge a new or deeper connection to who and what is important to me?

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

LET GO

GROW



ACCEPT

CONNECT

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