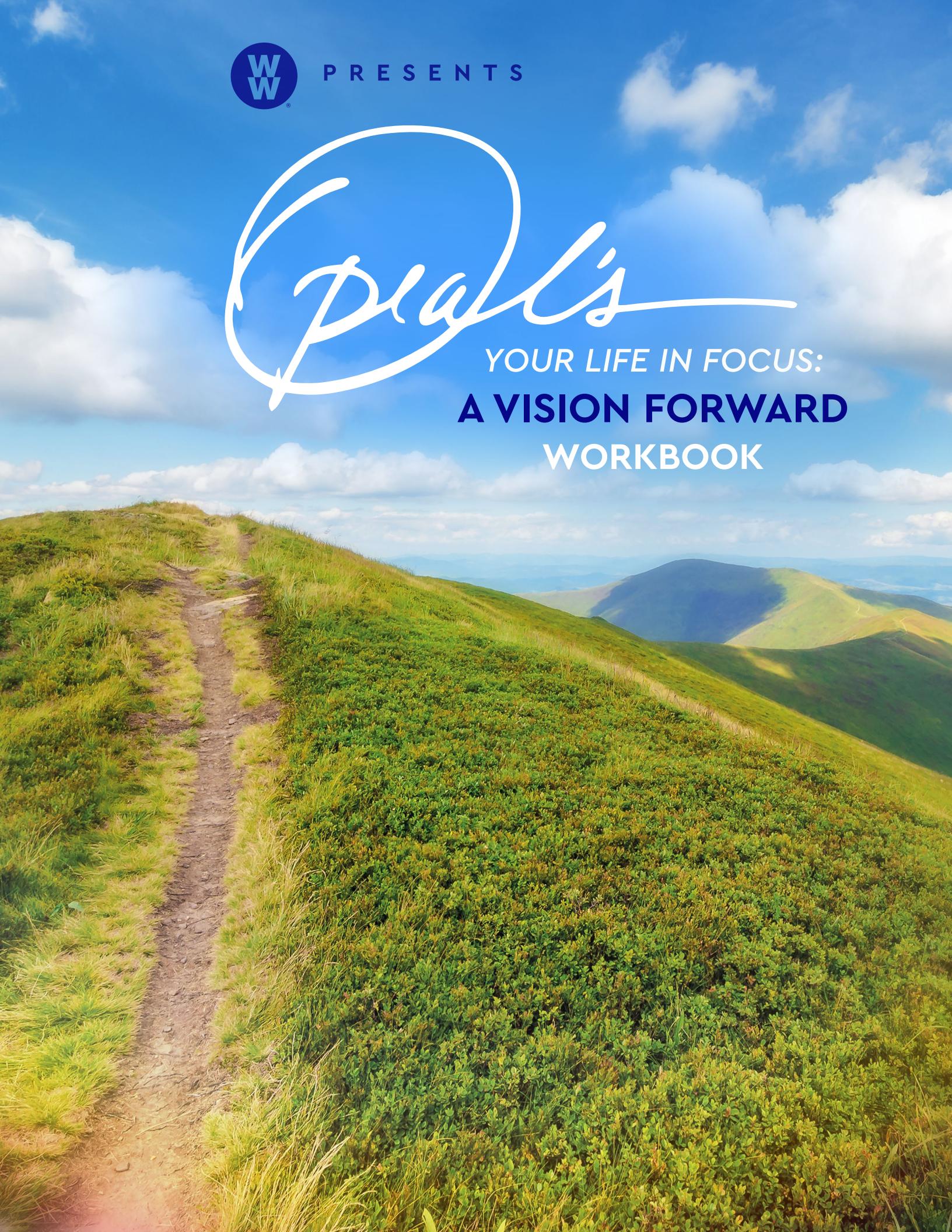




P R E S E N T S



YOUR LIFE IN FOCUS:  
**A VISION FORWARD**  
WORKBOOK



A cluster of green leaves and white orange blossoms is positioned in the top left corner.A single green leaf and a white orange blossom are located at the top center.A cluster of green leaves and white orange blossoms is positioned in the bottom right corner.A cluster of green leaves and white orange blossoms is located at the bottom center.

*What lies ahead remains a mystery  
for all of us, but that is the miracle  
of why we are here.*

—   
Pema Chödrön



## Your Wellness Quotient: **COMMIT**

WEEK 4: June 6, 2020

The upside of uncertainty is that it can inspire us to think about what really matters—opening ourselves to the opportunity to actively **commit** to our habits, health, and happiness. The current struggles can serve as strong motivators to help you see through a commitment.

### Instructions:

To assess your commitment quotient, consider how accurately each statement describes you at this time, and select a score from 1 to 4:

- 1 – Not me at all
- 2 – Sometimes me
- 3 – Often that's me
- 4 – That's me!

- 1. I'm energized to make my health and well-being even more of a priority.
- 2. I have made a plan for how I will focus on my wellness even as disruptions challenge my routine.
- 3. I've honed in on a particular area of my life that I want to make changes to.
- 4. I am committed to connecting in new and different ways with myself and the people in my life.
- 5. I am able to see possibility beyond this moment in time.

### Scoring:

Add up your scores and write the total here:



## **What your score says about your intent to commit:**

### **5–8:**

You're in a hard place right now. What's one new habit, even something small, that you could start? When and how will you get that going?

### **9–12:**

You have made some healthy decisions, but you're on the fence about fully committing to positive change right now. How can you identify what's holding you back?

### **13–17:**

You don't want to let this moment pass without a positive change. What would make your resolve even stronger?

### **18–20:**

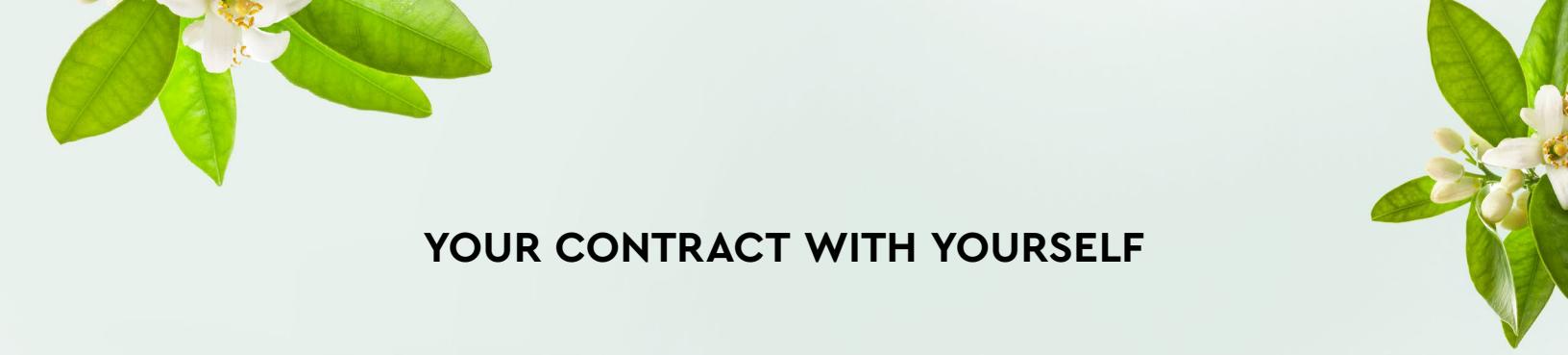
Your strong commitment to meet this moment shows you have the tools you need to move beyond the current situation. Continue to focus on building a stronger you—mind, body, and spirit.

## **I Can. I Will. Watch Me.**



Your quotient score from today—and the previous three weeks, if you joined us—indicate how the COVID-19 crisis has affected your approach to wellness. Take a moment to reflect on these insights and how you can adjust your commitment to living a healthy life. Even slight changes can be powerful. Then complete the contract below to show yourself—and the world—what you can do!





## YOUR CONTRACT WITH YOURSELF

I, [redacted],

am committed to renewing my focus on wellness in the area of:

(check one or more)

- Self-care
- Healthy eating
- Physical movement
- Mindset
- [redacted]

My purpose for this focus is:

[redacted]

I will kickstart my commitment by doing this:

[redacted]

I will follow up with [redacted] (name of person)

on [redacted] (date) to discuss my progress.

[redacted]

(your signature)

[redacted]

(today's date)