Mindful Power

INNER SKILLS PLAYBOOK

WEEK ONE:
COMMITMENT

WHAT DO YOU WANT TO ACCOMPLISH?

(CAN BE MORE THAN ONE THING)

WRITE OUT YOUR BIG WHY

A SINGLE STATEMENT ABOUT WHY YOU ARE COMMITTING TO TRAINING

SHORT-TERM OBJECTIVES

ACTIONABLE, CONTROLLABLE
SIMPLE, SPECIFIC

WRITE OUT YOUR

COMMITMENT
STATETEMENT

POTENTIAL OBSTACLES

REASONS YOU MIGHT NOT DO IT

HOW YOU CAN HANDLE

THE OBSTACLES

WHAT IS YOUR PLAN TO
SHARE YOUR COMMTIMENT?

WHAT IS YOUR PLAN TO
TRACK YOURSELF?