



ENCOURAGE EXERCISE #20

Commitment Pledge Cards

DIRECTIONS

People are *more committed* to others than to themselves, as it is easier to let ourselves down than it is to let others down. By sharing our commitments with others publically, we increase the likelihood we will both initiate and sustain new behaviors. Follow these steps to increase your overall commitment level to practice a new behavior:

1. Write down on three separate pieces of paper or cards a single specific, realistic and measurable behavioral goal you hope to achieve along with a time frame you are willing to commit to. Sign your name and date the bottom of the card or sheet of paper.

2. Identify three people below that you trust and know care about you (and you don't want to disappoint):
 - a.
 - b.
 - c.

3. Mail or give these three friends, family members, colleagues, or coworkers the commitment pledge card you wrote out (do not simply email your behavioral goal to them).

4. On the goal date, contact each of the three friends, family members, colleagues, or coworkers and share with them your successes, challenges and progress. Ask them for any feedback and suggestions to help you commit to continue with your new goal.