

COMMITMENT SHEET



My vision is:	
My first goal to achieve this vision is:	
I will achieve this goal by: (be specific/list what you will do)	<hr/> <hr/> <hr/> <hr/>
Make a detailed list of the things you will not do during this commitment?	<hr/> <hr/> <hr/> <hr/>
Who will help you be accountable:	
How will they help you? (How will they know to help? Set up boundaries and communication.)	
What will be the consequences if you do not follow through on the commitment other than being a liar liar pants on fire? (You can also put reward for follow through here as well.)	
<p>TimeLine: List starting and ending time for the commitment: (It's a good idea to start right now. If not, your flesh will tell you to pig out because you deserve it or take one last flesh fling. Do not allow the flesh to do that.)</p>	

JUST DO IT: Romans 12:6-8 (Today's New International Version)

6 We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your ^[a] faith; 7 if it is serving, then serve; if it is teaching, then teach; 8 if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, ^[b] do it diligently; if it is to show mercy, do it cheerfully.