

# My Weekly Commitment Report

What am I standing for—for myself, my life and the world?

Who is standing with me?

What did I accomplish this past week?



What intention(s) do I want to set for the week?

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What are my commitments for this week?

[Large empty rounded rectangular box for writing commitments]



## Scarcity Pain Points

How well am I managing my time? Am I trapped or burdened by my calendar, the clock, or time itself?

What commitment do I have to living with ease day to day?

Are my relationships sourcing me to fulfill my commitments? Where and with whom are you withholding love, kindness, and forgiveness? Is this the week I am willing to alter any broken relationships?

Are my finances in a place to source me? What is my current debt level? Am I in integrity with my financial commitments? What needs to be said in this moment about my finances?



# Integrity

What, if anything, is incomplete that I want to acknowledge?

Where am I out of integrity with myself, my stand, my commitments, the Seven Laws?

What support do I need to restore integrity and stand powerfully inside of sustabu?



What am I practicing and am I digging deep enough into my practices to support my stand for my life and for an interdependent social fabric?

What am I creating next?

What are my commitments for next week?

Is there anything else I need to communicate?

