

My One Need

Name one need you can meet by yourself for yourself:

Great Work! Now it's time to commit and practice meeting your one need.

My Commitment to My Needs

I, , commit to meeting (insert "need" below)

I will get this need met by doing the following (insert "how" below) :

I commit to get this need met by (check one):

- ☐ End of the week
 ☐ End of the month
 ☐ End of the year
☐ _____ times in the next _____.
☐ Other: _____

(signature)

(date)