

THE POWER OF COMMITMENT WILL CHANGE YOUR LIFE

Questions to help you get clear about
your commitment to what you want

Questions

- Who am I?
- What makes me feel calm and centered?
- What makes me feel alive and on fire with energy?
- What am I doing when I feel that way?
- What (who) do I want more of in my life
- What (who) do I want less of?
- If I stay on this path what will my life look like in 6 months, 1 year, etc?
- Is that what I am aiming for?
- How does holding on to the things I do now serve me?
- How does holding onto these things hinder me?
- What do I really want to be doing?

Take a minute to write about the very first question.
what do you discover about yourself?

What comes next

Thank you for downloading this worksheet.



If you're ready to go further, I'd love to hear from you.

My Coaching Sessions are targeted to offer specialized support for your unique fitness and nutrition goals. We'll go deep into what you want and create a plan to get you there.

With my support,

Giulia



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