

*How we do one thing is how we do everything!*

How many times did you get excited about something and then talked yourself out of it?

How many good ideas did you have that you never took any action on?

How many times have you wanted to start a new habit and then held back?

## How many times?

Now, I want you to take a moment and ask yourself:

What if I did all of that? where would I be now? How different would my life have been?

*You have the choice to change your life the way you want... You have the choice*

Commitment is a skill, and like any other skill it can be learned and practiced. This Commitment Booster is designed in a way to help you start the path of change and get your focus where you want it to be.

We work best with challenges, with defined time periods, and in this Commitment Booster you will get the chance to test your commitment and put it to action.

*You deserve your own commitment*

Before you start, answer the following question:

Why am I doing this?

..... (knowing your why is KEY to staying on track even when you don't feel like it... ALWAYS GO BACK TO YOU WHY!)

Now that you know your WHY, you will always have a motive! Repeat after me:

*I promise myself to go through this challenge successfully, I can do this, I am capable, and I am fully willing to give myself the love and care I need.*

**Congratulations!! You are ready to start!!!!**

The brain can change itself throughout your entire life; this was even proved in science in a concept called “Neuroplasticity”. Which means, until the last day you have here on this earth, you have the power to change and re-create yourself and your identity as you wish... HOW AWESOME IS THAT!!!!

## What is required from you in this challenge?

- 1- Write down in details all the habits you want to go back to (ex. No artificial sugars, start waking up at 7:00 am, no social media after 7:00 pm, no emails before 9:00 am, work out 3 times a week, pause and breathe before reacting, read 5 pages a day, etc.
  - △ Be as detailed as you can on *what* you want to do
  - △ Be clear on *how* you want to do this (have a plan and make sure you have the resources needed)
  - △ Be clear on *why* this is important to you
- 2- Commitment to practicing the habit for 21 days (Any missed day will lead to adding one day extra to the challenge, the goal is to finish 21 whole days)
- 3- Use this guide to track your progress (print it out and hang it in a place where you can see it)
- 4- Invite a friend or a family member do this with you... have fun with it, be creative and

**Enjoy it...**

# Willpower Booster

Track your progress using the table below:

Days	Completed (Y/N)	Today, I want to tell myself this:	Days	Completed (Y/N)	Today, I want to tell myself this
Day 1			Day 12		
Day 2			Day 13		
Day 3			Day 14		
Day 4			Day 15		
Day 5			Day 16		
Day 6			Day 17		
Day 7			Day 18		
Day 8			Day 19		
Day 9			Day 20		
Day 10			Day 21		
Day 11			Celebration Note to Self		