



# COMMITMENT TO CHANGE

**01.** What area do you need to change or what challenge are you facing next week?

**02.** What will it cost you emotionally if you do change? What fear will you have to face?

**03.** What will it cost you if you don't change?

**04.** What is your plan to maintain your restoration regarding these changes?

**05.** Who will keep you accountable to this commitment?

Name \_\_\_\_\_ Day \_\_\_\_\_

Name \_\_\_\_\_ Day \_\_\_\_\_

Name \_\_\_\_\_ Day \_\_\_\_\_

**06.** What are the details of your accountability for this week? What questions should they ask you?