

Personal Commitment ACT Worksheet

Name:

Date:

This worksheet is designed to help you set and achieve your personal goals by providing a structured framework for planning, tracking, and reflecting on your commitment. Whether you're aiming to improve your health, enhance your skills, or make positive changes in your life, this worksheet will assist you in staying focused, motivated, and accountable throughout your journey.

Goal setting

Define your main goal or objective.

Break down your goal into smaller, actionable steps.

Set a realistic timeline for achieving each step.

Why is this important to me?: Identify the reasons behind your commitment and reflect on how achieving this goal will improve your life or align with your values.

Potential challenges

List any obstacles or challenges you anticipate.

Brainstorm possible solutions for each challenge.

Action plan

Write down the specific actions you need to take to reach your goal and assign deadlines to each action item.

Action step	Deadline

Accountability and self-case

Decide on a method of holding yourself accountable.

Identify self-care practices that will support your commitment.

Additional notes