

“Commit Yourself”

Daily Commitments: There’s always room for improvement...

Make today your best! Ask yourself these questions and commit to making every day of your life better than the one before. You can do this even if you are already happy with your life and you don’t have to volunteer abroad to serve the world. Improving yourself is the greatest service you can perform. Have fun, be creative, and stay committed!

“Every man has in himself a continent of undiscovered character. Happy is he who acts as the Columbus to his own soul.” ~ Sir J. Stephen

1. How do I feel about my life today?
2. How do I feel about myself today? What kind of person do I want to be today?
How do I commit to being that person?
3. What are three things that I am committed to learning today?
4. What am I grateful for today? Who am I grateful for today? How do I commit to expressing my gratitude?
5. How do I commit to improving myself today?
6. How do I commit to improving the world today?
7. What questions/issues are on my mind today? How do I commit to addressing them?
8. Is anything/anyone troubling me today? How do I commit to addressing it/them?
9. How do I commit to accomplishing the tasks I have been putting off?
10. Who can I help today? How do I commit to doing so?
11. What are my goals for today? How do I commit to accomplishing these goals?

12. How do I commit to staying positive throughout the day?
13. How do I commit to doing what I love today?
14. How do I commit to conquering a fear of mine today?
15. How do I commit to moving towards my dreams and aspirations today?
16. How do I commit to stepping outside of my “comfort zone” today?
17. How do I commit to being creative today?
18. How do I commit to making someone else’s day better?
19. How do I commit to breaking a bad habit today?
20. How do I commit to practicing my faith today?