

The 5 Commitments

2024 GOAL SHEET & DECLARATION



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COACHING
BY OSA

5 Commitments to a Better Me Goal Sheet

01

Actions I will take to create better RELATIONSHIPS:

02

My top 3 FINANCIAL Goals for 2024 are:

03

The 3 steps I will take to make a CAREER SHIFT are:

04

I will prioritize my HEALTH by doing the following:

05

When I have achieved my ultimate goal, I will reward my SELF with:

DATE _____

5 Commitments to a Better Me Declaration

01

I commit to building healthy relationships by starting with ME.

02

I commit to reducing unnecessary spending, working on my financial goals and saving _____.

03

I commit to using my talents, values and skills in a Career that I love.

04

I commit to pursuing excellence in my Mental, Physical and Spiritual Health.

05

I commit to respecting my time, protecting my space, and becoming the best part of ME.

I am committed to achieving the goals and honoring the declarations listed above.

Signature:
