

Process Commitment Form

My Process choices are: (fill in as many or few options as you like)

1. _____
2. _____
3. _____
4. _____

I will do Process for (number of) _____ minutes a day

on (number of) _____ days of the week

on (list the days) _____

in the (indicate morning, afternoon or evening) _____.

Signed:

Date:

Witnessed by:

Date:

Post the completed, signed and dated form in your calendar, planner or work space. Reserve the time in your calendar or planner for your Process commitments.

ERROR: undefined
OFFENDING COMMAND:

STACK: