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## Commitment Check List

- ✓ I am willing to show up for myself each and every day
- ✓ I will show up for in intentional run or an intentional rest/recovery day
- ✓ I am willing to meet myself where I am
- ✓ I am willing to be really bad at it at first
- ✓ I am willing to build upon my current skills and abilities
- ✓ I am willing to be patient with myself
- ✓ I am done “wanting” and willing to take regular action