

COMMITMENT WORKSHEET INSTRUCTIONS

The below commitment worksheet is to help you stay accountable for choosing to do hard things. A backpacking trip is far more mental than it is physical, so this exercise will help to be prepared for the discomfort that comes on trail.

Each week, choose something that will take you out of your comfort zone. That can be taking a cold shower instead of a hot one, taking the stairs, putting your phone away for a day...whatever it is, intentionally choose to do a hard thing.

You can repeat your hard thing for different weeks - it doesn't have to be different every time! You can either do once that week or everyday - the timing is up to you.

Once you have finished the hard thing for that week, take a moment to think about how that changed your mindset and reflect on what it meant for you.

Remember... everyone can do it, but a little training now will make your trip more enjoyable.

COMMITMENT WORKSHEET

MONTH:	HARD THING	MINDSET CHANGE	REFLECTION
WEEK 1			
WEEK 2			
WEEK 3			
WEEK 4			