

# UNCOMMITMENT FORM

*Congratulations on deciding to create more room in your schedule so you can be more successful in life. Lightening your load will make you more effective overall in your professional and personal life.*

What are 5 commitments you would like to be free of? They could be volunteer activities, extra work projects, or unnecessary family commitments. Don't worry about plausibility or details right now, just list.

- 1.
- 2.
- 3.
- 4.
- 5.

Choose three from the list above and write your thoughts on what it would take to practically let go of these commitments.

- 1.
- 2.
- 3.

What guilt feelings or doubts emerge when you think about letting these commitments go?

What positive feelings emerge? What would you enjoy doing with the extra time?