

My Weekly Commitments to Myself

Month: _____

Recovery training consists of regular attendance at meetings, study of RI literature, and the practice of RI principles in daily life. All three parts are essential to acquiring self-leadership.

Week 1	<p>This week, I commit to these actions:</p> <p>Number of Meetings to Attend: _____</p> <p>Number of Study Sessions of RI Literature: _____</p> <p>Number of Examples to Write Out: _____</p>
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Week 2	<p>This week, I commit to these actions:</p> <p>Number of Meetings to Attend: _____</p> <p>Number of Study Sessions of RI Literature: _____</p> <p>Number of Examples to Write Out: _____</p>
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Week 3	<p>This week, I commit to these actions:</p> <p>Number of Meetings to Attend: _____</p> <p>Number of Study Sessions of RI Literature: _____</p> <p>Number of Examples to Write Out: _____</p>
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Week 4	<p>This week, I commit to these actions:</p> <p>Number of Meetings to Attend: _____</p> <p>Number of Study Sessions of RI Literature: _____</p> <p>Number of Examples to Write Out: _____</p>
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Knowledge teaches you what to do, practice shows you how to do it.