



## Adult Weekly Commitment Calendar

**Intention organizes the energy in our body and directs our focus. It determines our willingness to be helpful and loving to ourselves and others. With this adult weekly commitment calendar, you can set your intention with an emphasis on gratitude and being of service.**

Setting our intention is always important, but it is more essential now than ever before. As we focus on the positivity we want to bring to the world, neuroplasticity allows us to rewire our brains to become more positive, helpful, and loving.

Conscious Discipline Certified Instructor Sue Dierks uses a weekly commitment calendar to set her own intention. Each day, Sue writes out a daily commitment that includes a way to be of service to others, a way to be of service to herself, and something she is grateful for. She checks in on her commitment throughout the day, using every “Oops” as an opportunity to try something different the next day.


Using this free template, you can create a Weekly Commitment Calendar of your own. Although this calendar is designed for adults, it’s also helpful for older children.

### **Conscious Discipline Glossary:**

- **Commitments:** Making a commitment promotes mindful attention and increases the likelihood of success while boosting self-regulation and confidence. Check in on your commitment(s) with a “Yay, I did it!” or an, “Oops, I’m working on it.” An “Oops” is an opportunity to try again and do something differently next time.
- **S.T.A.R.:** One of Conscious Discipline’s four core breathing techniques, S.T.A.R. stands for Smile, Take a deep breath, And Relax. Breathe in through the nose with the belly going out, then out through the mouth with the belly going in. Exhale longer than you inhale. Three deep belly breaths shut off the body’s “fight or flight” response, allowing us to access our executive state and its brilliance.

[ConsciousDiscipline.com](http://ConsciousDiscipline.com)

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Today, I commit to	being of service to someone by...	being of service to myself by...	being grateful for...	 <b>I am Safe. Keep Breathing. I can handle this.</b> <small>www.ConsciousDiscipline.com</small>
<b>Monday</b>				___ I did it! ___ OOPS, I'll do it differently tomorrow.
<b>Tuesday</b>				___ I did it! ___ OOPS, I'll do it differently tomorrow.
<b>Wednesday</b>				___ I did it! ___ OOPS, I'll do it differently tomorrow.
<b>Thursday</b>				___ I did it! ___ OOPS, I'll do it differently tomorrow.
<b>Friday</b>				___ I did it! ___ OOPS, I'll do it differently tomorrow.
<b>Saturday</b>				___ I did it! ___ OOPS, I'll do it differently tomorrow.
<b>Sunday</b>				___ I did it! ___ OOPS, I'll do it differently tomorrow.