

# Commitment: Week 1

## Walk it Out

**Spend 20 minutes today walking, jogging, or running after school.**

Did you know that 20 minutes of physical activity is not only healthy for your body, but for your brain too? Research shows that it improves decision-making, productivity, and quick thinking. If it's rainy or too hot to be outside, head to a large store or mall and walk around there, but NO shopping (I don't care how good the sale is). If you play a sport, make this an additional workout.

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## Pa-Hour Up

**Do something active for an hour more than you normally would today.**

Spend an extra hour in the gym. Show up early to practice and hone a skill that needs work. Look up Tae-Bo videos on YouTube and get your sweat on. Look up some yoga moves and give it a try. Whatever it is, be active for an hour more than you normally would (for some of us, an hour is an hour more than usual!).

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## The Earliest of Birds

**Be 10 minutes early to your first class for the rest of this week.**

You might have to get up a little earlier. You may have to prepare breakfast the night before. You may even have to forego your 12 minute shampoo and conditioner routine. Whatever you need to do, make it happen. Being early and alert is a great way to be committed to your class and your day!

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## Take Time to Make Time

**Make time to go to every event for a group that you belong to (or want to support) at school for the rest of the month.**

It's easy to make excuses when you don't plan ahead. Put these events on your calendar so that you aren't making time for them at the last minute. Commitment is about thinking ahead to make sure you are giving your best self to all of your obligations.

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## Reflection

A big part of Commitment is overcoming obstacles and making time for the things you have committed to. Was it difficult to make time for these different things? Were you surprised how much you could accomplish when you were intentional with where your time went? How can you continue to commit time to people and activities?

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# Commitment: Week 2

## Love the Lunch People

Commit to learning your lunch servers names today.

Order lunch today, even if you normally don't, and use their names when you say hello, thank you, and goodbye. Don't forget about the people in the back helping to make the food or wash the dishes!  
BONUS: Say hello using their names tomorrow even if you're not ordering lunch.

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## Office Staff Love

Take time to learn the names of all the people in your school's office today.

This could include front desk people, bookkeepers, and attendance secretaries. Introduce yourself and make a point to come by a few times over the the following days and use their names. Write them down if you need to!

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## Know Thy Custodian

Learn the names of your day AND night custodians today.

It takes a lot to keep a school clean and safe for students. Even though you probably see a few custodians during the day, there are often individuals who work when students are not around.

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## Roll Call

Make a point to visit as many support staff members today as you can and thank them by name.

You've spent the week committing to learning the names of the people who make your school happen (custodians, lunch ladies, office staff) - test your skills today and feel the awesomeness that comes from being committed to your community.

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## Reflection

What are some techniques you used over the course the week to remember different names? What sort of reactions did you get from different people when you took the time to ask and remember their names? Our names are one of our most favorite words - it represents who we are. When someone takes time to learn it, we feel valued. What are other ways you can commit to showing people you value them?

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# Commitment: Week 3

## Accountabilibuddies

**Set a personal goal and tell 5 people about it to keep yourself accountable.**

The more people who know about your goals, the more likely you are to be reminded of them.

Intentionally ask people that will challenge you to accomplish this goal. If you ask 5 people to hold you accountable to run a marathon in 6 months, odds are good that at least one of them will bug you about it. In order to maximize our dreams, we need people nudging us along the way.

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## Ask An Expert

**Find two friends who are good at something (public speaking, basketball, sewing, cat whispering) and ask them to help you get better at it.**

Have them work with you to create a step-by-step plan to improve. Check in with them throughout the week, and let them know what you've been doing. Ask them for suggestions and feedback to keep getting better even after this week.

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## Chores Galores

**Ask your parents what 3 things you can do for them today. Then do those things (if possible) for the next 5 days.**

For example, if they ask you to load the dishwasher, take the dog for a walk, and sing your guinea pig a lullaby - make sure to do it with enthusiasm today and then follow up with it for the rest of the week without being told! Commitment is about consistency!

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## Lean On Me

**Commit to holding someone accountable with accomplishing a goal.**

This could be a younger sibling or friend or teammate. Ask one person about their goals and identify one you would be willing to help them commit to. This could mean giving them a daily phone call or text or setting up a time once a week to get together and check in.

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## Reflection

During this week, you shared your Commitments with others and asked for their help in making Commitments and following through on them. How did this go? Did sharing your Commitments result in better follow through? Did the people you asked for help actually help you? Reflect on what the best ways are to involve others as you share your Commitments moving forward.

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# Commitment: Week 4

## Phone A Friend

Follow through on a plan that you made with someone.

Remember that time you said "let's get lunch" or "let's build a model rocket in the backyard?" Call or text that person with a specific time and date to get together. Be proactive in the plan-making!

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## You've Got Mail

Write a letter to your future self. Ask your friend, family member, or teacher to give you the letter in 3 to 6 months.

In the letter, hold yourself accountable to goals and dreams by being specific with what you hope to be doing in a few months. Do you want to be able to run three miles instead of one? Do you have no idea how to build a website, but want to have your own blog? Tell yourself what you should be doing so that when you achieve it, you can feel a sense of accomplishment. Commitment requires accountability.

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## The Hobbyt

Start up a new hobby or activity that you were always afraid of trying and commit to learning more about it for the next week.

Make a step-by-step plan to learn and improve and maybe even find a friend to join you! Maybe it's learning to play guitar or beatboxing or glove knitting or facepainting or tapdancing...

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## Educated Activism

Choose a movement (anti-bullying, helping the environment, disability awareness) that you are personally interested in and spend enough time researching and understanding it that you could explain the movement to your teacher.

Just because we are passionate about something doesn't mean we are educated about it. Take time to commit to something you care about, research it as if you were going to write a paper about it, and tell at least one other person about what you learned. There are so many amazing resources at our fingertips! Commitment is where passion meets hard work.

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## Reflection

By now, making Commitment and following through on them should be much easier, though perhaps not always easy. You've just spent a full month working on Commitment. After all of that, what is your personal definition of Commitment? Why is Commitment an important part of your Character? How does commitment improve your relationships? What area of commitment do you still have the most room for growth in?

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