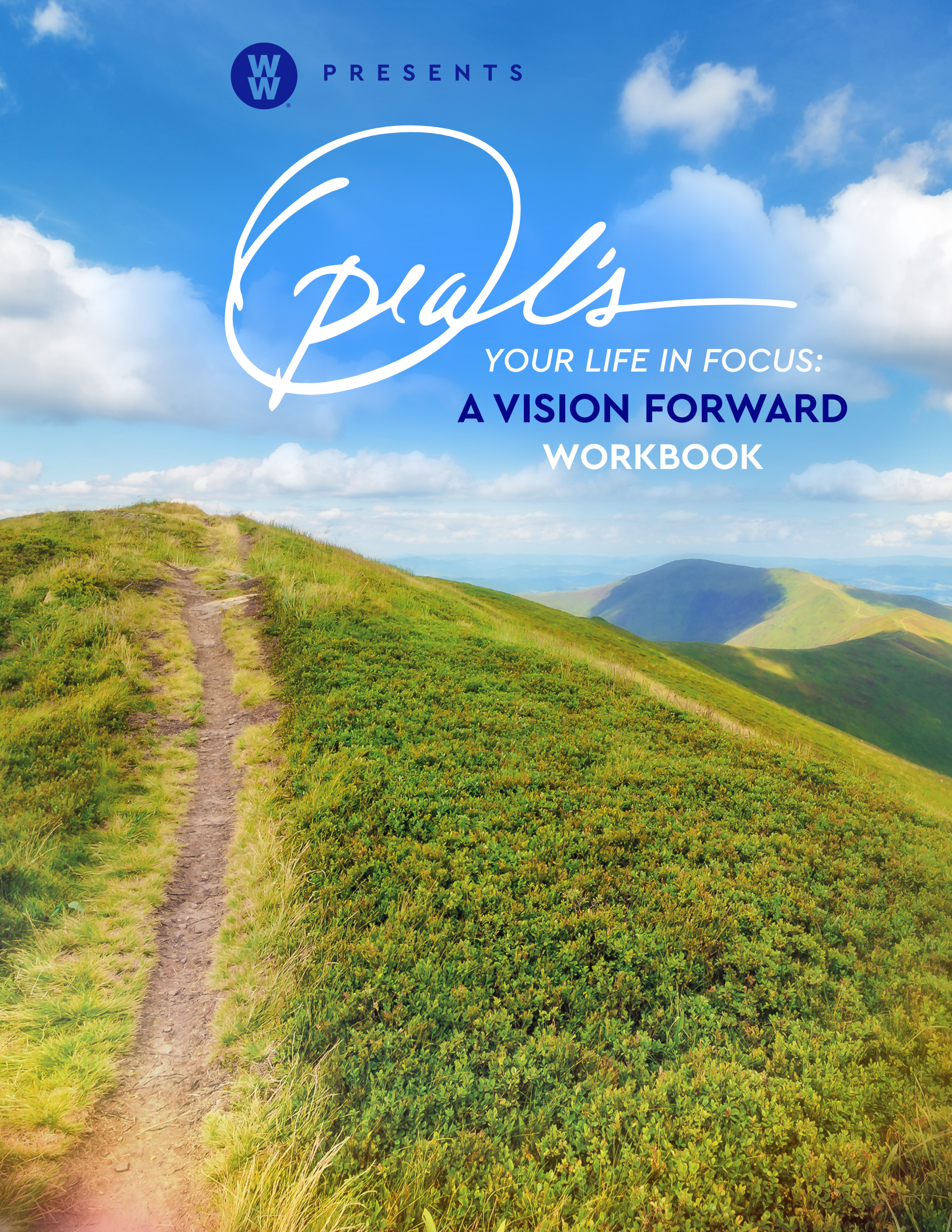




P R E S E N T S

*Pratt's*

YOUR LIFE IN FOCUS:  
**A VISION FORWARD**  
WORKBOOK





*What lies ahead remains a mystery  
for all of us, but that is the miracle  
of why we are here.*

— Pearl



## Your Wellness Quotient: **COMMIT**


WEEK 4: June 6, 2020

The upside of uncertainty is that it can inspire us to think about what really matters—opening ourselves to the opportunity to actively **commit** to our habits, health, and happiness. The current struggles can serve as strong motivators to help you see through a commitment.

### Instructions:


To assess your commitment quotient, consider how accurately each statement describes you at this time, and select a score from 1 to 4:

- 1 – Not me at all
- 2 – Sometimes me
- 3 – Often that's me
- 4 – That's me!

- 1. I'm energized to make my health and well-being even more of a priority.
  - 2. I have made a plan for how I will focus on my wellness even as disruptions challenge my routine.
  - 3. I've honed in on a particular area of my life that I want to make changes to.
  - 4. I am committed to connecting in new and different ways with myself and the people in my life.
  - 5. I am able to see possibility beyond this moment in time.
- 

### Scoring:

Add up your scores and write the total here:





## **What your score says about your intent to commit:**

### **5–8:**

You're in a hard place right now. What's one new habit, even something small, that you could start? When and how will you get that going?

### **9–12:**

You have made some healthy decisions, but you're on the fence about fully committing to positive change right now. How can you identify what's holding you back?

### **13–17:**

You don't want to let this moment pass without a positive change. What would make your resolve even stronger?

### **18–20:**

Your strong commitment to meet this moment shows you have the tools you need to move beyond the current situation. Continue to focus on building a stronger you—mind, body, and spirit.

## **I Can. I Will. Watch Me.**

Your quotient score from today—and the previous three weeks, if you joined us—indicate how the COVID-19 crisis has affected your approach to wellness. Take a moment to reflect on these insights and how you can adjust your commitment to living a healthy life. Even slight changes can be powerful. Then complete the contract below to show yourself—and the world—what you can do!





## YOUR CONTRACT WITH YOURSELF

I, ,

am committed to renewing my focus on wellness in the area of:

(check one or more)

Self-care

Healthy eating

Physical movement

Mindset

My purpose for this focus is:

I will kickstart my commitment by doing this:

I will follow up with  (name of person)

on  (date) to discuss my progress.

(your signature)

(today's date)