

The First Seven Steps

Commitment Time

Preliminary Step:

Revisit your **Core Priority** statement, and revise it if needed. Use the Listening Prayer process to be in touch with your intuitions and with the Voice of God speaking in your depths. Pause to become clear and quiet and when you are ready, begin:

Commitment One:

From your inventory of possessions worksheet in step 3, what few items will you choose to donate for others' use? If you have no more items in your possession than you need, go on to Commitment Two.

Items in your possession	To whom will you donate them?
1	
2	
3	

Commitment Two:

From your inventory of commitments in step 4, what two or three engagements can you reduce in your schedule, without violating the trust of others? If you feel you are in balance in this area, list those things here and go on to Commitment Three.

Current commitments of time	How can you reduce this?
1	
2	
3	

Commitment Three:

From the work you did in step 6 to become more aware of the suffering people of the world, what one deeper connection will you make to a specific community of people? If you already have such a connection, list it here and go on to Commitment Four.

Specific community of people somewhere (name the place)	How you will connect with them more fully

Commitment Four:

From the work you did in step 7 to become aware of your patterns of consumption and how much garbage you generate, make a commitment to reduce or reuse more materials. If you feel in balance in this area, go on to Commitment Five.

Things you currently consume or throw into garbage	How you will reduce
1	
2	
3	

Commitment Five:

From the work you did in step 8 to become more aware of how you spend your money, commit yourself to two ways you can spend less on yourself and more on others or causes about which you care. Once you feel you have this in hand, go on to Commitment Six.

To whom will you donate	How much will you give?
1	\$
2	\$

Commitment Six:

Return for a moment to the communications and media "audit" which you did in step 10. Looking it over and recalling your media fast, choose one way you can live a bit more simply in this regard. Reduce one or two areas of media input in your life. And when you feel in balance, go on to make your final Commitment, # Seven.

Your media habit	What will you do with this time?

Commitment Seven:

Pause for a moment now and look back over this exercise. Adjust what needs correction and make sure you feel comfortable with the commitments you are making here. Now add one more step you feel you are ready to take to live more **simply, sustainably, or in solidarity** with the poor.

To live more simply	
A more sustainable lifestyle	
More solidarity with the poor	