

# COMMITMENTS & ENGAGEMENTS INVENTORY WORKSHEET

Consider each of the categories below as you inventory your personal commitments of time and energy.

**Work** - we have multiple commitments at our jobs. List them all.

**Side work** - some of us free-lance, or do odd jobs to take in money. More commitments.

**Family** - we may play a role as husband, wife, father, mother, son, daughter. These roles come with many commitments.

**Kids** - kids have many engagements themselves these days. Each of their commitments is yours too. List them.

**Civic** - we may volunteer for different organizations.

**Religious** - many of us are very involved with our churches, or are part of a church organization. Or perhaps we are committed to going to service once a week.

**Hobbies** - perhaps you are a runner or a cyclist, or you build models, or are part of a secret underground comic book organization. These come with - surprise! - commitments.

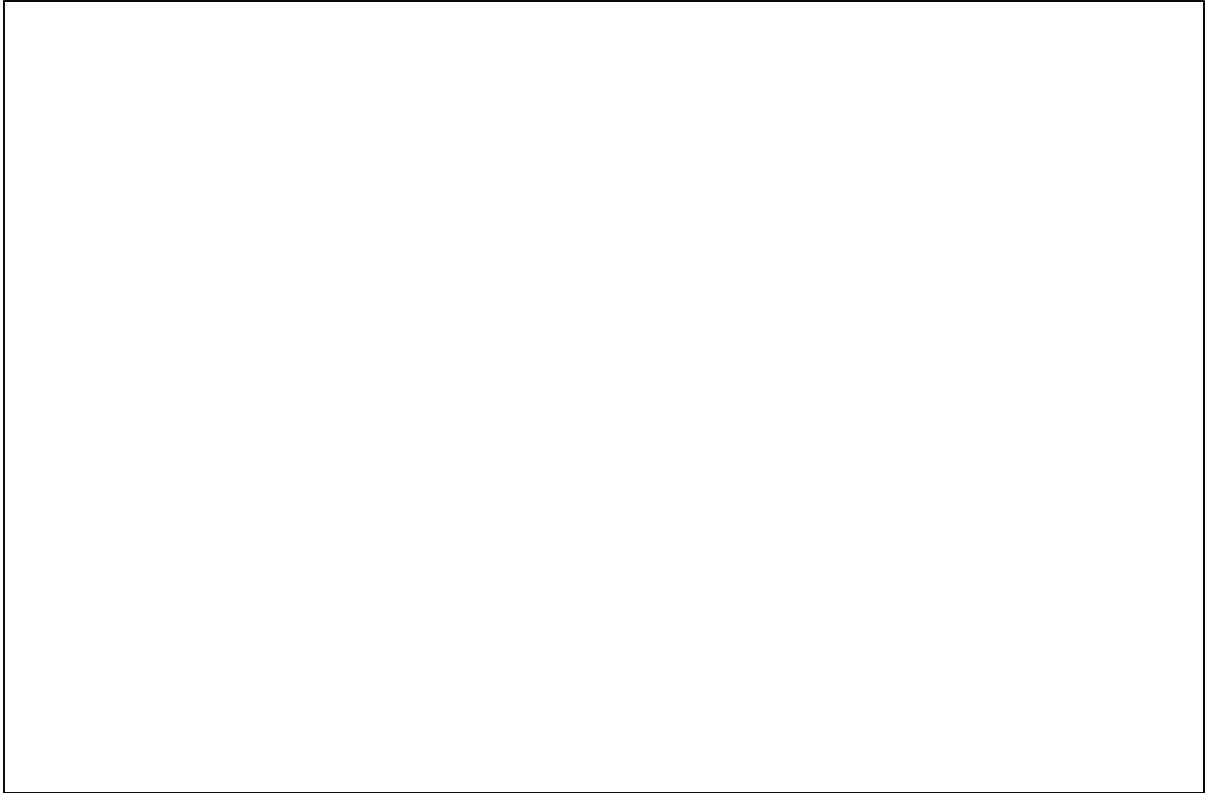
**Home** - aside from regular family stuff, there's the stuff you have to do at home.

**Online** - we may be a regular on a forum or mailing list or group. These are online communities that come with commitments too.

**You might have other categories.** List everything.

Now take a close look at each thing on the list, and consider: How does this give my life value? How important is it to me? Is it in line with my life priorities and values? How would it affect my life if I dropped out? Does this further my life goals?

Notes:

A large, empty rectangular box with a thin black border, intended for the user to write their notes on the items from the list.

These are tough questions, but I suggest seeing if you can eliminate just one thing — the thing that gives you the least return for your invested time and effort. The thing that's least in line with your **Core Priorities** and goals. Cut it out, at least for a couple weeks, and see if you can get along without it. Revisit this list at that time and see if you can cut something else out. Edit mercilessly, keeping only those that really mean something to you.