

MY COMMITMENTS

Ⓐ I will practice and share this week's My Foundation principle.

Ⓑ I will update my self-reliance plan as necessary.

Ⓒ I will practice one of the following skills or habits (circle one of the following or write your own below): work with a mentor, learn in groups, keep commitments, learn from failure, or change direction when necessary.

Ⓓ I will contact and support my action partner.

My signature

Action partner's signature