

Challenging Male Supremacy

Personal Transformation Commitment Worksheet

<p>What I am struggling with (issue that is prompting your commitment to growth and transformation)</p>	
<p>My commitment (please be as specific as possible, and focus on concrete changes you can make)</p>	
<p>Competing practices and obstacles (things that get in the way of your commitment at present)</p>	
<p>Supporting practices (things that you can do to help reach your commitment, including things you already do and could do more of)</p>	
<p>What will happen if I stay where I am (what my life will look like if I don't shift or improve my behavior or practice at all)</p>	
<p>What my life will look like if I embody my commitment (word.)</p>	