

# MPE Peer Education Training

## Collective Action Commitment Worksheet

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

