

My R.I.S.E. Commitment Sheet

Resolve – My Bold Decision:

What decision am I making today that will move me forward?

Invest – The Skill I Will Build:

What skill, habit, or area of growth am I committing to for the next 30 days?

Serve – Who I Will Serve and How:

Who can I help, support, or encourage this week?

Elevate – My Elevation Word:

What one word represents the future version of myself?

Signature: _____

Date: _____