

# 10 Days Commitment Challenge

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Successful people do what they say.

For the next 10 days, every morning define one **important** action that you will do that day, **no matter what!** Make sure that action is simple, realistic and doable.

For example, you can commit to make an important call that you were procrastinating on, to read 10 pages of a book, to write one chapter of an article, etc.

Once you've committed yourself to do it, there are no more excuses not to do it because you must keep your word!

If you successfully finish 10 actions in next 10 days, then you must reward yourself for your success!

Define your reward: \_\_\_\_\_

## DAY 1

Date: \_\_\_\_\_

I, \_\_\_\_\_, commit to finish \_\_\_\_\_  
(full name) (action)

**no matter what**, by the end of the day.

Your signature: \_\_\_\_\_

## DAY 2

Date: \_\_\_\_\_

Have you finished the action from the day before? YES NO

I, \_\_\_\_\_, commit to finish \_\_\_\_\_  
(full name) (action)

**no matter what**, by the end of the day.

Your signature: \_\_\_\_\_

**DAY 3**

Date: \_\_\_\_\_

Have you finished the action from the day before? YES NO

I, \_\_\_\_\_, commit to finish \_\_\_\_\_  
(full name) (action)

**no matter what**, by the end of the day.

Your signature: \_\_\_\_\_

**DAY 4**

Date: \_\_\_\_\_

Have you finished the action from the day before? YES NO

I, \_\_\_\_\_, commit to finish \_\_\_\_\_  
(full name) (action)

**no matter what**, by the end of the day.

Your signature: \_\_\_\_\_

**DAY 5**

Date: \_\_\_\_\_

Have you finished the action from the day before? YES NO

I, \_\_\_\_\_, commit to finish \_\_\_\_\_  
(full name) (action)

**no matter what**, by the end of the day.

Your signature: \_\_\_\_\_

**DAY 6**

Date: \_\_\_\_\_

Have you finished the action from the day before? YES NO

I, \_\_\_\_\_, commit to finish \_\_\_\_\_  
(full name) (action)

**no matter what**, by the end of the day.

Your signature: \_\_\_\_\_

**DAY 7**

Date: \_\_\_\_\_

Have you finished the action from the day before? YES NO

I, \_\_\_\_\_, commit to finish \_\_\_\_\_  
(full name) (action)

**no matter what**, by the end of the day.

Your signature: \_\_\_\_\_

**DAY 8**

Date: \_\_\_\_\_

Have you finished the action from the day before? YES NO

I, \_\_\_\_\_, commit to finish \_\_\_\_\_  
(full name) (action)

**no matter what**, by the end of the day.

Your signature: \_\_\_\_\_

**DAY 9**

Date: \_\_\_\_\_

Have you finished the action from the day before? YES NO

I, \_\_\_\_\_, commit to finish \_\_\_\_\_  
(full name) (action)

**no matter what**, by the end of the day.

Your signature: \_\_\_\_\_

**DAY 10**

Date: \_\_\_\_\_

Have you finished the action from the day before? YES NO

I, \_\_\_\_\_, commit to finish \_\_\_\_\_  
(full name) (action)

**no matter what**, by the end of the day.

Your signature: \_\_\_\_\_