



Your Commitment Chart

This exercise is to keep momentum going in your creative endeavors. Even though the course is over, you need to commit to moving forward. Stay with the Private Facebook Group and help motivate each other, ask questions, get guidance and support.

In the chart below, list what you are going to accomplish in the next 15 minutes, next hour, 24 hours, 7 days, 14 days, 30 days, 60 days and 90 days.

Time Frame	What your are going to accomplish
Next 15 minutes	
Next hour	
Next 24 hours	
Next 7 days	
Next 14 days	
Next 30 days	
Next 60 days	
Next 90 days	