



ACT-ivate COMMITMENT

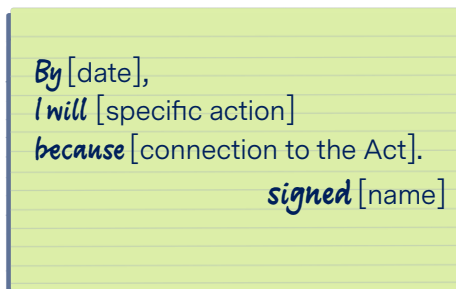
One thing Next week Done



Actual change rests on **commitment**. This closing activity asks each participant for one pledge: **concrete, personal, and achievable within seven days**. Not a goal, not an intention. **A next step.**

COMMITMENT

1. Give each person a *tile* that they can take home with them (if not possible use a card or piece of paper) Ask them to write one commitment in this format.



By [date],
I will [specific action]
because [connection to the Act].
signed [name]

2. If the commitment can't be described in one sentence, it should be revised.
3. Ask a few people to read theirs aloud. Public commitment changes the odds of follow through.
4. Pairs exchange cards and agree to check in with each other in a week.

WORKS WITH



Any Catalysing Action card as a closing activity



Act-ivate Story harvest or **Act-ivate Barrier Log** to find a way to keep the connections generated meaningful.

SOURCE

Peter Gollwitzer (1999): 'Implementation intentions: Strong effects of simple plans', *American Psychologist*, 54(7), pp. 493–503. By defining exactly what will be done and by when we can help the brain automate the move from policy to practice.