

WEEK 2

IDENTITY RECONSTRUCTION

Name: _____

Battle Buddy: _____

Date: _____

PART 1 | COMMITMENT CHECK IN

Did you do what you said you would do last week?☒ YES☐ PARTIALLY☐ NOT YET

What happened? Be honest.

What am I carrying forward into this week?

PART 2 | THIS WEEK'S COMMITMENT

One sentence. One specific action. Before the next session.

I commit to:

I will complete this by: _____

I told my Battle Buddy about this commitment:

☒ YES I told her☐ NOT YET I will tell her by _____

*A commitment spoken out loud to another woman is a commitment with weight behind it.
Your Battle Buddy is not your accountability police. She is your witness.*

WEEK 3

RHYTHM AND STRUCTURE

Name: _____

Battle Buddy: _____

Date: _____

PART 1 | COMMITMENT CHECK IN

Did you do what you said you would do last week?☒ YES☐ PARTIALLY☐ NOT YET

What happened? Be honest.

What am I carrying forward into this week?

PART 2 | THIS WEEK'S COMMITMENT

One sentence. One specific action. Before the next session.

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WEEK 4

NERVOUS SYSTEM RESET

Name: _____

Battle Buddy: _____

Date: _____

PART 1 | COMMITMENT CHECK IN

Did you do what you said you would do last week?☒ YES☐ PARTIALLY☐ NOT YET

What happened? Be honest.

What am I carrying forward into this week?

PART 2 | THIS WEEK'S COMMITMENT

One sentence. One specific action. Before the next session.

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WEEK 5

EMOTIONAL REGULATION AND RESILIENCE

Name: _____

Battle Buddy: _____

Date: _____

PART 1 | COMMITMENT CHECK IN

Did you do what you said you would do last week?☒ YES☐ PARTIALLY☐ NOT YET

What happened? Be honest.

What am I carrying forward into this week?

PART 2 | THIS WEEK'S COMMITMENT

One sentence. One specific action. Before the next session.

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WEEK 6

REFRAME YOUR LEADERSHIP

Name: _____

Battle Buddy: _____

Date: _____

PART 1 | COMMITMENT CHECK IN

Did you do what you said you would do last week?

■ YES

■ PARTIALLY

■ NOT YET

What happened? Be honest.

What am I carrying forward into this week?

PART 2 | THIS WEEK'S COMMITMENT

One sentence. One specific action. Before the next session.

I commit to:

I will complete this by: _____

I told my Battle Buddy about this commitment:

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■ NOT YET I will tell her by _____

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WEEK 7

STANDARDS, DISCIPLINE, AND MONEY STABILITY

Name: _____

Battle Buddy: _____

Date: _____

PART 1 | COMMITMENT CHECK IN

Did you do what you said you would do last week?☐ YES☐ PARTIALLY☐ NOT YET

What happened? Be honest.

What am I carrying forward into this week?

PART 2 | THIS WEEK'S COMMITMENT

One sentence. One specific action. Before the next session.

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I told my Battle Buddy about this commitment:

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WEEK 8

RELATIONSHIP AND SISTERHOOD

Name: _____

Battle Buddy: _____

Date: _____

PART 1 | COMMITMENT CHECK IN

Did you do what you said you would do last week?☒ YES☐ PARTIALLY☐ NOT YET

What happened? Be honest.

What am I carrying forward into this week?

PART 2 | THIS WEEK'S COMMITMENT

One sentence. One specific action. Before the next session.

I commit to:

I will complete this by: _____

I told my Battle Buddy about this commitment:

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WEEK 9

LEADERSHIP AT HOME AND AT WORK

Name: _____

Battle Buddy: _____

Date: _____

PART 1 | COMMITMENT CHECK IN

Did you do what you said you would do last week?

■ YES

■ PARTIALLY

■ NOT YET

What happened? Be honest.

What am I carrying forward into this week?

PART 2 | THIS WEEK'S COMMITMENT

One sentence. One specific action. Before the next session.

I commit to:

I will complete this by: _____

I told my Battle Buddy about this commitment:

■ YES I told her

■ NOT YET I will tell her by _____

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WEEK 10

MORAL INJURY, MEANING, AND INTEGRITY

Name: _____

Battle Buddy: _____

Date: _____

PART 1 | COMMITMENT CHECK IN

Did you do what you said you would do last week?☒ YES☐ PARTIALLY☐ NOT YET**What happened? Be honest.**

What am I carrying forward into this week?

PART 2 | THIS WEEK'S COMMITMENT

*One sentence. One specific action. Before the next session.***I commit to:**

I will complete this by: _____**I told my Battle Buddy about this commitment:**☒ YES I told her☐ NOT YET I will tell her by _____

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WEEK 11

WHOLE-LIFE STRENGTH AND LEGACY

Name: _____

Battle Buddy: _____

Date: _____

PART 1 | COMMITMENT CHECK IN

Did you do what you said you would do last week?

■ YES

■ PARTIALLY

■ NOT YET

What happened? Be honest.

What am I carrying forward into this week?

PART 2 | THIS WEEK'S COMMITMENT

One sentence. One specific action. Before the next session.

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