



**DOCTOR'S CROSSING**  
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**Congratulations on taking a powerful step towards making important changes in your life! You are welcome to use this form to flesh out your Big C and Little c commitments.**

**My BIG C Commitment is:**

**This commitment is important to me because:**

**I want to fulfill this commitment by (date):**

**The first Little "c" commitment step I'm going to do is:**

**Some additional Little "c" commitment steps I'm going to do are:**

**I will hold myself accountable by doing the following:**

**I am excited to get started because:**

**If you'd like me to hold your intention of commitment with you, please feel free to email me what you're committing to. I'd love to support you!**

**Heather**  
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# COMMITMENT

A writing area consisting of a vertical pink margin line on the left and horizontal purple lines for text.