

Safety Commitment Plan Worksheet

*I am here now, accepting the way I feel,
noticing my thoughts, while doing what I care about.*

	Addressing Internal-World Safety Issues	✓
I Am	Notice if you are being influenced by any unhelpful self-descriptions. Let go of anything unhelpful that you are believing about yourself.	
Here Now	Center your situational awareness on what you are doing in this work environment. Notice what is happening here and now and let go of distracting thoughts about events not in your present control.	
Accepting	Allow yourself to acknowledge any emotions you are having without trying to control the emotions. Be willing to simply have those emotions while moving forward with safe and productive actions.	
Noticing	Prepare to simply notice thoughts that arise during the work task. Let them go if they are not helpful. Treat distracting thoughts as disconnected from action while choosing to act in a meaningful and safe manner.	
Doing	To-Do List for External-World Safety Actions	
What I Care About	Values-Based Motivation	
	Safety Declaration: Because my health, and the health of others, is important to me, I am willing to address external and internal-world obstacles that jeopardize safety, and to work in a manner that reflects safety as my top value.	
	--Personal Values: Describe why you work and why you aim for safety.	

Performance Management Contract

Signs and signals are in place
Publicly announced safety commitment

Accountability partner: _____ is aware of my commitments

Describe incentives and performance criteria related to safety process: