

When it comes to bacon and eggs, the chicken made a contribution, but the pig made a commitment...

Being 100% on board, all the way, truly committed is RARE.

We mostly half-ass our commitments, and that's the truth!

Not (maybe) when it comes to our marriages, raising our kids, or tending to our older parents, but to OURSELVES.

It's okay to not commit BTW - you don't have to.

But straddling a fence is exhausting and a massive time suck.

I believe it is imperative to figure out what we want, to plan for it, to follow through, AND to be all in by being 100% committed!

Let go of anything else.

"I'm committed, BUT..." is full-on half-assery, and that sucks all the air out of "commitment."

Choices are made based on commitment.

Life happens -of course - but the fully committed are driven by excellence and not perfection.

Being fully committed means you find a way.

Being Committed, BUT... finds an excuse.

We all look for motivation to keep going, and when it wears thin, it's commitment that keeps us going.

When we commit, we make a plan and we stick to it!

We find a way.

Tired? So was Diana Nyad swimming in the ocean, surrounded by sharks and being stung by jellyfish.

She kept going.

Running out of time? Do a little less and reset for tomorrow, but don't skip it.

The question is always the same - how bad do you want it?

Motivation fuels the desire and drive to start, but commitment is dedication and determination.

Motivation starts you up, but commitment keeps you going.

How do we connect to commitment?

1. Look at your big picture goals, break them down into manageable chunks, and create a master plan.

For example, you want to lose 100 pounds - what does that mean for TODAY?

Stop thinking about how long it's going to take and look at each day as an opportunity to get there. It's a road trip. You don't get to a destination 500 miles away until you plan it out, stop for fuel, rest, and then keep going.

Commitment to excellence in the small things DAILY leads to excellence in ALL things.

2. Create a vision board. (Stay tuned for the Vibrant 2022 workshop in January- we'll be sending out details soon!)

Vision boards are hugely helpful - look at yours DAILY, emote, and create visuals in your head.

3. WHY Matrix for the win! (Keep asking yourself WHY until you get to the heart of your reasoning.)

The deeper the motivation on WHY you want something, the greater the commitment. Commitment is deeply personal, and so is your WHY.