

Keeping your commitments requires change.

If you're committed to becoming as healthy as you possibly can be, it may REQUIRE changing out some foods that no longer serve you.

If you're committed to becoming as strong as you possibly can be, that requires showing up consistently and that you stop sitting on your butt all day.

Commitment is built on the back of consistency AND change.

There are actual things we need to do - like we discussed this week, commitment isn't lip service, it's ACTION!

Vince Lombardi said, "The quality of a person's life is in direct proportion to their commitment to excellence."

Notice he said EXCELLENCE and not perfection.

Commitment requires responsibility for your results - no blaming or excusing.

Just full on ACCEPTANCE that the results you're looking for are BECAUSE of your commitment.

"You don't have what you want because you're not committed to it!"

This quote is in my gym and in my office.

TD Jakes said, "Without commitment, nothing happens."

Ghandi said, "You must BE the change you want to see in the (YOUR) world."

How do we do this?

1. Understand what TRUE commitment is - understand that this is YOUR life - no one else's. Decide, don't simply choose. Fear and nervousness may try to pull you down, but true commitment DECIDES you're doing it anyway.

2. Create SMART Goals - Specific, Measurable, Achievable, Realistic, and Time-Based.

No more New Year's Resolutions!

3. Know your WHY. Use the Why Matrix and keep asking WHY until you land it - let that core reason light you up even in times of darkness, wobbliness, and fear.

4. Plan - those who fail to plan, plan to fail! I have no idea who said that, but there's a component to true commitment that REQUIRES a plan.

A goal without a plan is just a wish.

5. Assess daily - whatever's measured, improves. Little things lead to big results when consistently executed.

6. Celebrate your wins. Give yourself a pat on the back and say, "Way to go!" Evaluate your defeats and add them to the experience file as lessons learned.

7. Embrace, lean into, and hold space for the journey. YOU GET TO DO THIS! Can you imagine?

Commitment is an act of becoming. We need to understand it's basically an agreement with our higher self to fearlessly become a journeywoman, and that it is, in and of itself, a privilege, an adventure, and a learning experience.

True commitment like this feeds your soul and helps you live your life Vibrantly in Full Bloom!