

Self-Commitment 2.0

Self-Commitment is our ability to keep our commitments to ourselves. When we can master the habit of self-commitment, we have a great advantage in achieving all of our goals!

We are good at keeping commitments to others, why aren't we as good at keeping them to ourselves?

- Often, we are in the habit of not keeping our self-commitments; we have to practice keeping commitments to ourselves to get good at it.
- We typically seek and get external/extrinsic rewards for keeping commitments to others, i.e.: “feel good”, praise, “A” grade, paycheck, etc. Keeping self-commitments is an opportunity for internal/intrinsic rewards.

“Minimum Baseline” as described by Master Life Coach, Brooke Castillo is “The least amount you are willing to do in a commitment, i.e.: “work out 2 days a week for 15 minutes”

- Start where you are at. What will you actually do? If you aren't able to keep that commitment, get the commitment to a place where you will keep it, i.e.” “work out 1 day a week for 5 minutes”
- Keep it as small as it needs to be!

Do it to honor the commitment, not for the result

- Do not listen to brain chatter about why you shouldn't do it, won't succeed, etc.
- You are learning to follow-thru for you. Accumulation of successful follow-thru will change your habit.
- Congratulate yourself for honoring yourself. You are building integrity with yourself.

We all like it when we're told “Yes” to something we want (like the table with the best view in a restaurant) ...Say “Yes” to yourself and your self- commitments.

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