

COMMITMENT A mediocre life transforms into a great life

A commitment to being your best self is the moment by moment conviction, mindset and action steps that say “I will be and do what it takes to have the best life I can” and “I will step up to shine in my significance and live a life of freedom, rather than hide in my insignificance and live a life of constraint.”

The world is my oyster

Notice in the middle of the words commitment, choice and responsibility is the letter “I”. Ultimately you are responsible for how you create the constructs of who you think you are, what you are capable of and what your life can look like. You are responsible for how you view your world and act within it and you can make choices that can either trap you into living a mediocre life or allow you to live a life of freedom being yourself and being your best self.

You decide whether to open the oyster and reveal the pearl inside

What does the word “commitment” conjure up in your mind? Does it give you the feeling of being caged in with no key to the door or constrained with no out-road, or does it give you a sense of liberation and freedom? For most of you, I imagine you might say constraint.

If you are ambivalent in whether to enter a relationship, what are you telling yourself? How about viewing commitment as something that can be incredibly empowering and freeing? If you are committed to that relationship, there is freedom to explore yourself and another person in great depths, more so than possibly in a series of more superficial relationships. How about the commitment to leave an unhealthy relationship? What is caging you in there? What could having the courage to liberate yourself from that relationship allow you to be, do and have?

If you have been in a job for a long time, does that give you a sense of security (I guess this could be a positive aspect of constraint) or do you feel liberated by that commitment? Could stepping out and finding a new job that lights up your passions more liberate you to express your talents and abilities more?

If you are committed to improving your health through making conscious nutritional and exercise choices, is there not freedom in that to explore healthy options and to experience your body, fitness and overall health in more expansive ways, rather than viewing a commitment to health as denial, restriction and limiting your choices?

What do you desire in your life but continue to make excuses about or lack the commitment for? For example, do you want a baby but you are not committed to preconception health care or learning about your cycles? Do you want to lose weight to reduce your heart, stroke or diabetes risk but continue to eat junk food? Do you want to feel happier, but continue to take antidepressants and stay in victim and “life is dreary” mode?

What would you gain by committing yourself to a new course of action? How would that free you up to be the great person that you are – to shine like a pearl in your significance, rather than keep you caged in your current patterns and behaviours? How would your world look if you made a renewed commitment to yourself?

A smorgasbord of ideas to help you commit to being your best and enjoying life's platter

Self aware (head out of the sand) rather than unaware (head in the sand)

Take your head out of the sand, notice honestly how your life looks, notice your patterns and behaviours (for better or for worse) and transform your passive wants and desires into active commitments and follow-throughs. Awareness is one of the first keys. Being aware of your desires is secondary. Thirdly, take a new course of action.

Find the bigger reason

Keep the grander reason you are doing something in mind. Use that as a "towards" motivating factor. If your grander reason is to enjoy greater intimacy with your partner, then your commitment to feeling good, fit, loving and sexy...will come easier.

Change your focus from constraint to freedom

Notice what you are giving yourself with our new commitment (abundance mentality), rather than what you are denying yourself of.

If you want to lose weight, instead of committing to a diet and the apparent "constraints of that" commit to providing yourself with food and activities that nourish and energise you? The commitment changes from an external, constraining "diet" mentality to an internal, freeing "loving myself" mentality. If you want to commit to an exercise regime, why not focus on the freedom of having a lighter or fitter body than focussing on the day-in-day-out chore at the gym? You could even focus on exercising more outdoors where there is also "freedom" of space.

Your body and your health is a reflection of your commitment to self

Because your choices and commitments are so intimately bound to your experience in your body, your body responds to such constraints or restrictiveness and likewise to freedom and lightness of being. Notice what occurs in your body when you forgo certain old destructive patterns and behaviours and commit to new ones.

Make a conscious choice

Even when you do not choose something, in essence you are choosing something. If you want to give up smoking but you can't decide when to start or how you will give up, in essence you are deciding not to give up smoking now. If you keep putting off a decision about moving house and you continue to stay there and don't call up a real estate agent, essentially you are choosing not to leave. Make a conscious choice and take your first action step.

Make yourself an "I'm a star chart"

There is nothing intrinsically wrong with wanting and desiring, but how about bringing it closer to your reality? Taking action will do just that. Make an action plan, create an "I'm a star chart" and start ticking off your action steps. Enjoy the sense of achievement and ensure that you reward yourself with something that nourishes your soul, rather than feeds your old habit.

Moment by moment commitment

When your commitment level rises and falls like the tide of the ocean renew your commitment despite what your outward situation or environment looks like. Don't necessarily wait to ride out

the storms till you begin your commitment afresh. Instead do what you can in the moment, stop resisting what is showing up and ride the wave. Breaking down a commitment into smaller or moment by moment steps can sometimes be easier than looking at the larger picture or goal – which may appear unattainable amidst the ups and downs.

Your personal “life-savers”

Select your personal support crew, who are also positive and committed to you being self disciplined and stepping up into your greatness. That may mean hanging out less with your “nay-sayer” friends, family members, colleagues and others and getting together more regularly with the people who believe in you.

Flag the excuses

Leave you excuses outside of the flags and start swimming in the fun zone.

© Copyright 2010 Janelle Fletcher www.janellefletcher.com

All rights reserved worldwide. May not be duplicated or reprinted without written permission.



validate

Commitment

Inspiration - inspire me

A commitment to being my best self is the moment by moment conviction, mindset and action steps that say “ I will be and do what it takes to have the best life I can” and “I will step up to shine in my significance, rather than hide in my insignificance.”

Reflection – reflect on me

- How have I viewed commitment to date? Constraining or freeing? How could I view this differently?
- Where have I lacked commitment in the past? What has been the impact of that – on me and on others?
- What occurs in my body when I lack commitment in certain areas of my life? What is the bigger impact of that?
- What commitments do I now wish to make that will change the look of my life? What are my first action steps?
- What is my bigger reason for wanting to commit to something new? How will I use that to motivate myself?
- What can I do to maintain my commitment level? Who can be on my personal support crew?

Action – act on me

- Make yourself an “I’m a star chart”. Tick off your daily commitments. Reward yourself with something that nourishes your soul, rather than feeds your old habits.
- Carefully handpick some people this week to support you in your new commitment. Tell them specifically how you would like their assistance.

- Take a look back in your life and jot down 5 things you have committed to in the past successfully. Note down what specifically helped you be successful. Use what you have learned to help you be successful in your present commitments.
- Break a big goal or commitment into smaller steps. Work towards those smaller steps. Acknowledge your progress along the way.
- Create your own personal strategies when you want to “jump ship” now and then from your commitments. Find something that will specifically work for you.
- Focus on fun. Laugh as you go. Smile as you do what you are doing. Sing, dance and do something that makes your commitment enjoyable.
- Write down your own ideas and insights for acting on.
- Email your specific action ideas to share with the Janelle community to janelle@janellefletcher.com Subject line – Commitment feedback. Your ideas and insights can help others enjoy a far greater life!

Affirmation – affirm me

- In any given moment, I have a choice and that is powerful.
- I see commitment as liberating and freeing rather than binding, restraining and hard.
- I regularly reflect on the part that I am playing in my health, relationships and life - not from a judgemental perspective, but from a loving one.
- Write your own.

Having done some reflection and taken some action send your personal success story to janelle@janellefletcher.com Subject line – My success story. You will be entered into the monthly draw to win an individualised coaching consultation with Janelle.

© Copyright 2010 Janelle Fletcher www.janellefletcher.com

All rights reserved worldwide. May not be duplicated or reprinted without written permission.