

Commitment, Success and Personal Satisfaction

By Evelyn Livermore

What does COMMITMENT mean? Simply, COMMITMENT is 100% “non-negotiable” emotional or intellectual bond to a course of action or to another person or persons.

But what about a COMMITMENT you make to yourself? Aren’t those promises important?

Let’s look at COMMITMENT, and you will gain a different perspective on why you must ALWAYS keep all commitments, especially those you make to yourself.

Most of us feel we are trustworthy individuals. If we say we are going to do something for someone; we get it done. Or, we call, apologize for not meeting our commitments and suggest a new schedule.

What about in a time of crisis? Who would you trust – unconditionally - to do what they say they are going to do? Do you trust yourself and your commitments?

How many times have you made a commitment to yourself only to say “**I can do that tomorrow**” and tomorrow becomes next week or perhaps tomorrow never comes?

How many times have you said “I need to call an old friend, I will call them tomorrow”. You write it down, tomorrow comes and other tasks are more important than that phone call.

If we don’t keep these little commitments to ourselves, so what?

After all, only we know about them. Our old friend doesn’t know we were going to call - we’re not hurting anyone.

OHHHH but you are.... You are hurting the most important person there is, **yourself!**

How much of your time on a daily basis is spent fighting with yourself over whether or not to keep your **personal commitments or carry out your action plans?**

You promise yourself you will exercise in the morning and then you argue with yourself, “I was up late,” “I’m tired,” “I’ll do it later,” “No, I need to get work done.”

If you would “just frickin’ do it”, you would free up so much time and energy it would amaze you.

When you ALWAYS act on your commitments, your mind is free for productive work instead of needless internal debates.

There isn’t any more thinking about the subject, should I do it or not, you’ve already made your decision. Enough said; done deal.

It makes life so much easier and simpler. You see - all the **energy you expend** on internal conflict is unavailable to use for **creating outer achievements**.

Every time you don’t keep a commitment you make to someone, you lose trust, respect and credibility.

When you don’t follow through on commitments to yourself you **chip away at your self-esteem, self-confidence and self-respect**. You lose faith in your ability to produce a result.

You weaken your sense of integrity.

You may think breaking these little commitments is no big deal, but to your **unconscious mind** they are a very big deal.

When you don’t do what you say you will, you create **confusion and self-doubt** in your unconscious mind. You undermine your sense of personal power.

You don’t trust yourself and the “You Can’t or You know you Won’t” chatter begins. The **unconscious mind keeps track**.

Your mind is a powerful trickster. Don’t confuse it by committing to things you know you won’t do. There is no try when it comes to commitment, you either do it or you don’t.

Because your unconscious mind is bound emotionally or intellectually to the outcome of your commitments, it passes judgment. The unconscious mind sends out energy saying you are not trustworthy, credible or worthy of respect.

With the Law of Attraction, what you project outward is what you get back. And you are doing this to yourself.

When you always keep your commitments to yourself, you will gain self-respect, self-esteem, self-confidence, **personal power, energy and mental clarity.**

Plus, others will see you as trustworthy, dependable and valuable. This outward perception will increase your inward view of yourself which helps the outward view. The cycle builds on itself increasing your energy and worth.

Notice yourself during the day – are you expending energy fighting internally or beating yourself up for not meeting personal commitments?

If you are, you need to either de-commit from the activity or “just frickin’ do it.” Always take action to keep your commitments and you will be surprised at the outcome.

Are you one of those people who over-commit in the interest of being helpful? Or, maybe you just can’t say no. In either case, think about the results when you cannot deliver – to your own mental energy and to others’ perception of you.

Learn to prioritize and be realistic on what you can accomplish within a set amount of time. Make sure you prioritize yourself and your own needs in the list. Then, keep your commitments and be surprised by how true commitment dramatically increases your personal satisfaction and the successes you achieve each day.

“Just frickin’ do it!”

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