

The Power of Commitment

I wanted to write something to get people to understand the power of commitment, not like a rah rah speech to get them pumped up, only to have that fade away, but a calm breakthrough understanding of the power of commitment to the point where there's no more resistance to making them so that they DO make them and follow through on them.

Now obviously most people hesitate to commit because they fear what happens if it doesn't work out. What does that say about them? That they don't have what it takes? They don't want to risk sending that kind of message to themselves so they don't commit. They always tiptoe on the fence.

So how do you deal with this?

You commit to the PROCESS, to what you can control, NOT the result.

That can take the sting out and make the whole thing easier.

The difference between committing and not committing is VAST. If you don't commit, guess what?

Your life isn't 100%.

You're always in the HABIT of almost and not enough.

You can go to 99% and even at 99%, life is going to be hard. That 1% gap to 100% seems small, but it's not. A ton of fear and doubt exists there to separate those who commit from those who don't.

But here's the little secret.

So many people think that when you commit 100%, that it's going to be hard over there.

No.

It gets EASY when you're there, not hard.

It's easy because your focus is 100%. It's not divided.

99% is wish washy. Always going back and forth, walking the fence, going around in circles, thinking about what if this happens, what if that happens, stagnation, you become a prisoner of your own mind.

When you commit 100%, life becomes easier.

Your focus is on actually DOING, on progress, instead of picturing fear.

When you're taking action and making progress, you don't have all those fearful thoughts.

You can't because there's no space in your mind for it. All of it is taken up by your complete commitment to doing something.

People who don't commit are like deer caught in the headlights. It's very easy to become road kill.

Commit to crossing the road.

If you don't do this, then everything you do becomes shaky. You keep building upon incomplete foundations so it's very easy to have everything come down.

When you commit, everything you do is strong and it lasts.

So keep that in mind - that 100% commitment is EASY once you get there.

Because at that point, you have everything you need to do it.

When you commit, the power, the confidence, the discipline, the belief comes with it.

You're calm and you have trust in yourself.

You see, this other side of commitment is what people don't see.

If they knew this, they would be more likely to commit but they don't so they never do, so I'm going to be spend some time describing what's on the other side of commitment to better help people get there.

When you commit, you find that you trust yourself. As a byproduct, people sense that and begin to trust you. They help you, give you opportunities and ideas to help you with your commitment.

You feel strong. The power that you need to follow your commitment comes when you make that commitment. You feel excited because you know following through is inevitable.

Things you would've procrastinated later on, things that would've taken 2 minutes, you do right then and there. You're decisive.

You radiate success. Everything you do is infused with power. The way you walk and talk even begins to become filled with the power of commitment. You ask somebody for something, they respond rather than brush you off. They seem to respect you more because they sense at an underlying level that you're committed.

You can't believe it. What the heck is going on? Don't try to explain it. Just keep on doing.

You feel A MILLION TIMES BETTER once you commit. It's like you discovered a secret source of power that not a lot of people know about that infuses your whole body and mind. Fear and doubt seem like whimpering little puppies cowering in the corner.

Obstacles don't seem as big anymore. More like these small bumps you can easily go over.

It's as if you become a magnet, fully charged, attracting all these ideas and opportunities to help you.

Part of that can be explained logically in that you start doing a lot of things and FINISHING them so you're planting all these seeds that begin to yield fruit later on that seem to come out of nowhere but in fact, were due to your committed work.

Now notice I said PART of it because sometimes, there will be things TOTALLY unrelated to anything you did that come to help you.

How are we to explain this?

Coincidence?

Is there something "out there" helping you?

Well look at it this way.

Who would you more rather help?

Somebody who is committed and does what they say and FOLLOWS THROUGH and FINISHES and has that track record or somebody who's not committed, wishy washy, sometimes does this, sometimes does that, unreliable, etc.

Who would you help?

Because you don't want to waste your time, energy, and resources on a person who can't get it together right?

You would only help those who are truly committed and have a track record of proving it.

It's the same thing with that "out there" and that "out there" will be different according to what we believe - God, the universe, fate, destiny.

Whatever that higher power is, it's scanning for committed people and it's easy to spot them because all their energy is harnessed, not scattered and unfocused. They're like shining beacons so it's easy to spot them in order to help them.

Is that "true"?

Well, it's just a belief, a construct to explain that phenomena but the phenomena does exist and it only happens to people who are committed.

When you commit, you get help from reaping what you sowed but from this other force too, **so it's like everything is conspiring to help you once you commit.**

When you begin to see all these benefits, you'll realize what this quote by Goethe means.

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed

would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now."

You won't want to derail the track. You'll want to keep leveling up. You'll feel like this is your own secret superpower.

Now the only way to experience all these benefits is to fulfill your commitment under all circumstances.

You HAVE to do it.

Otherwise, none of this happens. You miss out on all of it.

You want to become like a magnet that grows stronger and stronger and you only do that if you keep fulfilling your commitments.

That being said - BE CAREFUL WHAT YOU COMMIT TO, because once you commit, you're bound no matter what.

Be very selective. Don't commit to too many things at once in the very beginning.

Start small.

Choose one thing.

Decrease the time limit for it.

Give yourself a chance to get in the game to build that track record.

Don't say you're not going to eat any sweets for a month. Do it for one day.

No matter what.

Then build upon that.

Remember, no exceptions here. You're building the magnet within you. You want to have a strong pull. You need to build that track record.

If you're tempted to cave, **you have to remember that it's that kind of mentality that's keeping you where you are today**, that has caused failure in your life, that has imprisoned you in a world of "might have been".

The only constant is you and what you can control and if you can't even follow through on that, **what possible chance is there of getting the end result you desire?**

Those obstacles that make you want to cave in your commitments - realize they're just tests to see if you're truly committed and on top of that, opportunities to increase the power of your commitment and opportunities to gain wisdom to help you.

Also notice it's helping you in terms of training you to squash that "I can't do it" voice or "I'll do it later" lazy voice.

All of this is leading up to this crucial point - that if you truly understand what commitment means, then you realize that once you make one, it's done.

It's as good as finished in the real world.

It's one and the same thing.

Why?

Because you realize you MUST follow through because if you don't, then you don't have any power at all. You don't have what it takes.

If you can't even follow your commitments of what you can control, there's no way you stand a chance of getting the end result you desire.

It's an incredibly liberating calm feeling that can only be felt if you keep those experiences under your belt and it will do WONDERS for your self confidence, self esteem, and FAITH.

If you can't follow through, you're not building a strong foundation so it will collapse.

You have to realize that.

No excuses. Follow through.

The price of failing to commit is too big - living a shell of a life, not trusting yourself, no courage, loss of self respect, loss of respect from others.

The reward of committing is a brand new life, a brand new you, and the experience that forces do come and help you on your journey because you had the courage to commit.

Remember, if you limit yourself, then you limit what you get out of life.

If you're a salesman, instead of committing to hit a certain sales figure, which is out of your control, commit to making a certain amount more of calls or appointments. Commit to reading a certain book on sales by the end of the week and commit to applying what you learned the next week.

When you commit to the end result, you may or may not achieve it and when you don't, it's easy to feel like you lost the power. Don't let that happen.

Commit to the process.

What if you can't keep your commitments?

Then you don't understand power of commitment and go back to living an "almost" life.

It's all connected, even the smallest commitments.

Go 100% in life.

Commit.

FINISH.

Keep powering that magnet up and you will see the true power of commitment.