



Greatness In The Moment Series

This Month's Topic: Commitment



“The state of being bound emotionally or intellectually to some course of action.”

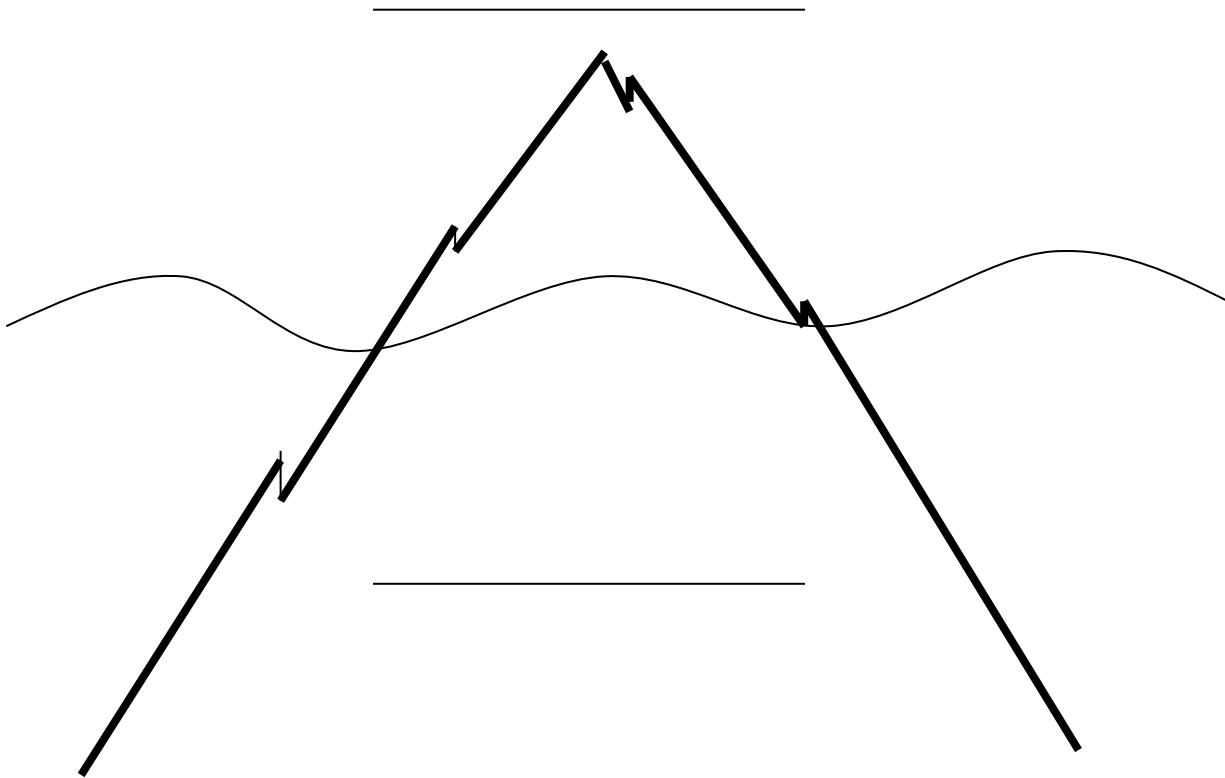
PERSONAL COMMITMENTS

- Identify two personal commitments that you have made and kept with yourself:

- Benefits of keeping personal commitments:

"You always have two choices: your commitment versus your fear."

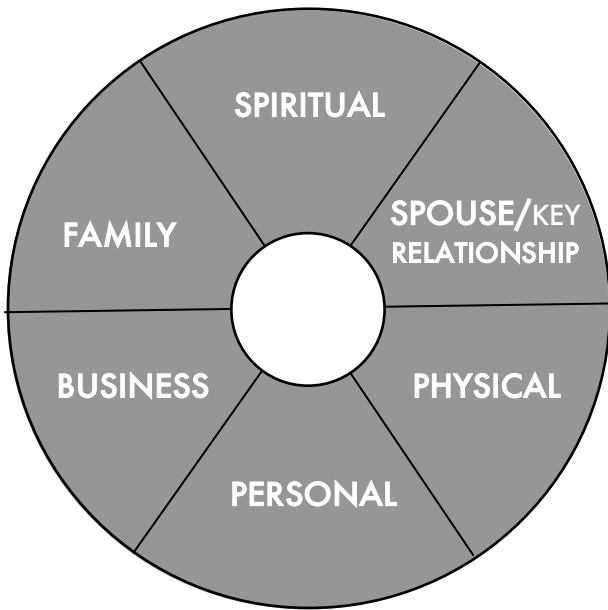
Sammy Davis Jr.



4 KEYS TO SUCCESSFUL COMMITMENTS

1. _____
2. _____
3. _____
4. _____

PERSONAL COMMITMENTS



GOAL STATEMENTS	BENEFITS
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

COMMITMENT ACTION

1

2

3

4

5

COSTS

PROMISES TO OTHERS

- Recall a specific time when you made a promise to someone and didn't follow through. How did they feel? How did you feel?

- What is the impact of broken promises on each party and the relationships?

3 STEPS TO KEEPING PROMISES

1. _____
2. _____
3. _____
