

## Commitments to Make to Yourself

Check as many as apply to you, and then take action on ONE AREA at a time.

### Career and Professional

*I commit to:*

- Provide even more value to my internal and external clients or customers than I already do.
- Learn how each person I work with (including myself) deals with change.
- Become more efficient in how I do my work.
- Become an expert in at least one area of my professional life.
- Better leverage my assets, connections, talents, and resources.
- Think, feel and act like a stronger leader than I am now.
- Model accountability in all things, at all levels.
- Influence others through pull rather than push.
- Learn key negotiating skills that will create win-wins.
- Demonstrate results clearly and consistently.
- Develop a compelling marketing strategy for an idea, project, product, service or business.
- Bring out the best in my team by learning new skills and approaches for managing them.
- Improve my presentation skills so that I speak confidently, concisely and clearly.
- Have a successful professional network of at least 25 people upon whom I could call for almost anything I need.
- Get fully caught up with technology so that I am not intimidated or resistant.

### Life

*I commit to:*

- Recognize my contribution to the circumstances and problems that I am complaining about, fighting, resisting and denying.
- Be more compassionate and patient with people.
- Reduce unnecessary strains on my body, heart or spirit.
- Start being enormously grateful for what I have and stop feeling like I don't have enough (fill in the blank).
- Dramatically increase my self-confidence.
- Be coachable in areas of my life that aren't progressing as quickly or successfully as I'd like.
- Learn to say no easily and kindly.
- Find something more meaningful for myself than being impressive, important, admired or powerful.
- Get ideas and input from sources outside of my usual network so that my thinking is fresh, creative and innovative.
- Embrace and learn how to do more with less.
- Give generously of time, love, money, support, joy and energy because I have reserves.
- Recognize that there are multiple solutions to most problems.
- Trust my instincts rather than doubt myself.
- Initiate the changes I want for myself.
- Be healthfully selfish rather than being for everyone else first.
- Be more consistently positive about my life.
- Restore personal relationships that have deteriorated.
- Identify the #1 key value in my life, and align my actions with that value so that my choices are clearer and easier.