WHY COMMITMENT IS SO CRITICAL

“Commitment is a big part of what I am and what I believe. How committed are you to winning? How committed are you to being a good friend? To being trustworthy? To being successful? How committed are you to being a good father, a good teammate, a good role model? There’s that moment every morning when you look in the mirror: Are you committed, or are you not?”

LeBron James, Miami Heat

As basketball superstar LeBron James reminds us above, whether you are an athlete, coach, teacher, student, parent, business person, etc., strong commitment is absolutely essential to your success. Simply look at some of the most successful individuals and teams in the sports world, business world, nonprofits, etc.; they all display an extraordinary amount of commitment.

Athletes—Kevin Durant (Oklahoma City Thunder), Tom Brady (New England Patriots), Derek Jeter (New York Yankees), Kerri Walsh (Olympic Beach Volleyball), Abby Wambach (Olympic Women’s Soccer), Dick and Rick Hoyt (Team Hoyt)

Coaches—Mike Krzyzewski (Duke Men’s Basketball), Nick Saban (Alabama Football), Anson Dorrance (North Carolina Women’s Soccer), Tara VanDerveer (Stanford Women’s Basketball), Karen Shelton (North Carolina Field Hockey), Mike Candrea (Arizona Softball)
Business Leaders—Howard Schultz (Starbucks), Steve Jobs (Apple), Phil Knight (Nike), Mark Zuckerberg (Facebook), Oprah Winfrey (Harpo Productions), Richard Branson (Virgin), Ari Weinzweig (Zingerman’s Deli), Maxine Clark (Build a Bear), Sara Blakely (Spanx)

Non-profit Leaders—Wendy Kopp (Teach for America), Muhammad Yunus (Grameen Bank), Nelson Mandela (South African President), Jessica Jackley (Kiva), Craig Kielburger (Free the Children), CeCe Marizu and Amanda Waugh (Student-Athletes Leading Social Change)

In fact, the initial catalyst behind all great sports teams, schools, businesses, and non-profits is typically one person or a small group of people who were passionately committed, even compelled to serve their causes and accomplish something truly special. And this exemplary commitment then contagiously spread to others as it expanded and endured over time.

“Any time I have seen someone accomplishing something magnificent, they have been a monomaniac with a mission. A single-minded individual with a passion.”

Peter Drucker, The Father of Modern Management

“Every institution is the lengthened shadow of one man.”

Ralph Waldo Emerson

So what then exactly is this immensely powerful and special force we call commitment? And more importantly, how do you create, build, and sustain your and your team’s commitment over the long run? We’ll explore and answer these all-important questions throughout this program.

THE COMMITMENT CONTINUUM™ SYSTEM OVERVIEW

The Commitment Continuum™ System has been specifically developed to help athletes, coaches, and entire teams understand and apply the powerful principles of commitment in their daily lives. When you, your teammates, and coaches are all on the same page and fully committed to your training and your team’s goal, special things can, and often do, happen.

Out of all the various concepts we share in our Leadership Academies with athletes and coaches from top colleges like North Carolina, Michigan, Illinois, Arkansas, LSU, and many others, the Commitment Continuum™ by far has been the one that quickly connects and deeply resonates with people. More importantly than just quickly and completely grasping the concept of commitment, it seems to have an immediate impact on behavior, achieves strong and wide-ranging results, and produces sustained commitment and success over time.

The Commitment Continuum™ System is divided into six easily digestible modules, which focus on different aspects of commitment.
Module 1: Why Commitment is So Critical
Our first module will help you define and understand what it really means to be committed. You and your teammates will learn:

- the 6 key components of making a Serious Commitment
- what it means to make a Total Commitment to your task, training, and team
- how to create a common definition of commitment that you can use with your team

Module 2: The Commitment Continuum™
Module 2 introduces you to the Commitment Continuum™, a highly practical and powerful tool you will use throughout the program. With the help of the Commitment Continuum™ you will learn:

- the seven different levels of the Commitment Continuum™
- what commitment looks like in different settings, including practices, fitness, and academics
- how your commitment level is a critical choice you get to make on a daily basis

Module 3: Assessing, Analyzing, and Improving Your Team’s Commitment
Our third module has you look at your team’s commitment. Not only will you assess your team’s current commitment level but you will also identify ways to improve it. You will learn:

- why it is important to expect and demand a high level of commitment from your teammates
- how to accurately assess your team’s current level of commitment to your team goals
- a realistic level of commitment you will need to hold your teammates accountable to

Module 4: Commitment Killers: 20 Reasons Why People are Resistant, Reluctant, and Existent
Module 4 examines 20 different factors that can challenge or kill a person’s commitment. Discover which of the factors might most impact you and your teammates. You will learn:

- how a negative perception of a situation can adversely impact your commitment
- why a lack of understanding might be at the core of your commitment struggles
- which of the 20 Commitment Killers most impacts your current commitment level

Module 5: 20 Strategies and Solutions to Move People Up the Commitment Continuum™
In Module 5, we’ll reveal 20 strategies and solutions that you can use to combat the Commitment Killers. You can apply these strategies both to yourself and your teammates in your continuing efforts to build your commitment. You will learn:
• a seven step process to move yourself and teammates to higher levels of commitment
• 20 strategies to overcome a variety of challenges that might impede your commitment

**Module 6: 10 Ways to Become Compelled**
Finally, in Module 6 we go in depth into a highly desirable level of commitment called “Compelled.” This special level of commitment is like long-lasting rocket fuel that can propel you and your team to great heights. You will learn:

• 10 ways to tap into your inner drive to create a Compelled mindset
• 6 ways to avoid the potential pitfalls of going overboard and becoming Obsessed

**Weekly Commitment Workout Schedule**
Ideally, you can complete a module a week and work through the system with your teammates and coaches. The offseason is typically the best time to start, however preseason or early season are also constructive times to implement the system as well.

The Commitment Continuum™ System is intentionally set up in a workbook format so you can best customize the ideas to your particular situation, whatever it might be. Invest the time to do the exercises, write in your responses, and then discuss them with your teammates and coaches. Actually working through the workbook and writing down your responses provides you with a much richer experience than simply glossing over or skipping them altogether. The workbook is designed to stimulate insights, discussion, and ultimately application—so be sure to capture your thoughts and ideas in writing as you go.

**DEFINING COMMITMENT**
Before we get too far down the road, we first need to define the concept of commitment. As you think about the word “commitment” and what it truly means to be committed, invest the time to write down your initial definition of commitment.

How would you define and describe commitment? What is it and what does it look like?
Commitment means:
Here’s a definition of commitment we can use to get us started:

Commitment is a serious, long-term promise you make and keep with yourself and others to fully dedicate yourself to your task, training, and/or team, even when, and especially when times are tough. Further, commitment means not only promising to do something, but much more importantly, actually investing the necessary effort and actions to make it happen.

THE 6 COMPONENTS OF MAKING AND KEEPING A SERIOUS COMMITMENT

Based on this definition, you’ll notice that there are six key components of making and keeping a Serious Commitment.

1. **Solemn Promise**—Instead of just being hollow words said casually in passing, a Serious Commitment is a solemn pledge you make and keep with yourself and others. You must understand the complete consequences of your commitment and fully mean it when you say it. When you make a commitment, others will take you seriously and rely on you to be true to your word.

   “Our tradition calls for a commitment to accountability. This is not an assumption—this is a promise that I will be there for you; and I can count on you being there for me.”

   Bob Ladouceur, Former De La Salle High School Football Coach

2. **Full Investment**—A Serious Commitment means you fully invest yourself in the cause—physically, mentally, and emotionally. You connect completely with your cause and passionately pursue it by putting your whole heart, mind, and soul into it. You don’t hold back but go “all in”, putting in your full attention, energy, and effort to accomplish your goal.

   “Put your heart, mind, and soul into even your smallest acts.
   This is the secret of success.”

   Swami Sivananda, Physician

3. **Willingness to Sacrifice**—When you make a Serious Commitment to someone or something, it also means you willingly and selflessly make individual sacrifices for it. The commitment is a key priority for you and something you willingly work the rest of your life around, even if it causes some personal hardship to you. Commitment means you knowingly and willingly give up things you might want in the short-term to potentially gain something
of greater value in the long-term. In a team setting, commitment also means sometimes sacrificing your individual goals for good of the team.

“I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion.”

Mia Hamm, Former Soccer Superstar

4. Long-term Obligation—A Serious Commitment is a long-term obligation you must continually work toward and ideally see through to completion. It isn’t something you try out and then easily abandon. It is something you establish, embody, and embrace for the long haul.

“That who stay will be champions.”

Bo Schembechler, Former Michigan Football Coach

5. Pact to Persevere—A Serious Commitment means sticking with something even when, and especially when, times are tough. Just like the traditional marriage vows of “for richer or poorer, in sickness and health,” true commitment is unwavering regardless of the circumstances. When you make a commitment to someone or something, you make a pact to persevere through the tough times together. It won’t be easy, but it is almost always worth it.

“Everyone starts strong. Success comes to those with unwavering commitment to be at the end.”

Howard Schultz, Founder and CEO of Starbucks

6. Agreement to Act—Finally, a Serious Commitment is way more than words. It is best demonstrated and proven by your actions on a regular basis. People will initially listen to your words but will ultimately measure your commitment and your character by your deeds.

“Commitment is an act, not a word.”

Jean-Paul Sartre, Philosopher
MAKING A SUPERFICIAL STATEMENT VS. A SERIOUS COMMITMENT

The challenge with making a commitment today is that it is so easy to say but so much harder to actually do and then sustain over time. Many people confuse an initial Superficial Statement of commitment with an actual Serious Commitment. In fact, as you will eventually see in the results of our Commitment Survey with over 250 teams, the number one reason why most coaches feel some athletes are not fully committed is that they feel the athletes don’t fully understand what it means to make a Serious Commitment.

So many people superficially say they are committed with their words but then don’t consistently back it up by their deeds. It’s so easy to initially say you are committed when you think your season looks promising, when you think you will play the exact role you want to play, when you think you’ll get along perfectly with your coaches and teammates, and when you think your team will win. Just about anyone can think they are committed in the short-term when things are going well and the adversities and obstacles have not yet hit or taken their toll. However, keep in mind:

A Serious Commitment means sticking with it when the going gets rough, when the drills seem boring and monotonous, when the training is exhausting, when you play an unglamorous reserve role, when you have lost four in a row, when you question your coaches’ strategies and tactics, when the chances of success seem slim, and when it is much easier to give up and give in. This is when Serious Commitment must step up and show itself to see you and your team through the toughest times. As world-champion adventure racer Robyn Benincasa writes in *How Winning Works*, “Commitment starts when the fun stops. When you are no longer having a good time, your team’s dedication, or lack thereof, will spell the difference between victory and defeat.”

Look at the following table to see the important differences between a Superficial Statement and a Serious Commitment. To achieve consistent and lasting success, what is really needed is a serious, substantial, and sustained commitment.

<table>
<thead>
<tr>
<th>SUPERFICIAL STATEMENT</th>
<th>SERIOUS COMMITMENT</th>
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<tbody>
<tr>
<td>shallow</td>
<td>substantial</td>
</tr>
<tr>
<td>short-term</td>
<td>sustained</td>
</tr>
<tr>
<td>convenient and simple</td>
<td>challenging and strenuous</td>
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<tr>
<td>declared in words</td>
<td>demonstrated in deeds</td>
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<tr>
<td>superficially professed</td>
<td>solemnly promised</td>
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<tr>
<td>deceptive</td>
<td>dependable</td>
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<tr>
<td>partial interest</td>
<td>passionate investment</td>
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<tr>
<td>existent</td>
<td>engaged</td>
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<tr>
<td>conditional</td>
<td>constant</td>
</tr>
<tr>
<td>forgotten in tough times</td>
<td>faithful in tough times</td>
</tr>
<tr>
<td>tentative</td>
<td>tenacious</td>
</tr>
<tr>
<td>watches things happen</td>
<td>makes things happen</td>
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<tr>
<td>fickle to the cause</td>
<td>faithful to the cause</td>
</tr>
<tr>
<td>doubtful to follow through</td>
<td>determined to follow through</td>
</tr>
</tbody>
</table>
COMMITMENT
is most tested, needed, and revealed when times are tough.
It is obviously much easier to initially declare a Superficial Statement of commitment than to continually demonstrate a sustained Serious Commitment. Simply look at the number of people who make New Year’s Resolutions each year only to abandon them just two weeks later. Various studies show that anywhere between 78% to 92% of people break their resolutions within the first few weeks of making them. Superficial Statements or Serious Commitments?

“There is a difference between interest and commitment. When you’re interested in doing something, you do it only when it’s convenient. When you’re committed to something, you accept no excuses, only results.”
Ken Blanchard, Management Author

“The difference between involvement and commitment is like ham and eggs. The chicken is involved; the pig is committed.”
Martina Navratilova, Former Tennis Champion

In the sports world, commitment can be just as challenging. Just look at the number of athletes changing teams, coaches jumping to different jobs, or entire colleges moving to different conferences. There are obviously many reasons for these changes but certainly some are related to a lack of commitment. Some of these athletes, coaches, and schools probably thought they were making a Serious Commitment but in reality it was merely a Superficial Statement of commitment that changed according to convenience. Making and keeping a Serious Commitment, as opposed to a Superficial Statement, is a significant challenge but is obviously the real key to success.

“Realize that the hardest step in achieving anything is making a true commitment.”
Tony Robbins

We have a serious commitment problem in our world because we have a problem making and keeping Serious Commitments.

**MAKING A TOTAL COMMITMENT TO YOUR TASK, TRAINING, AND TEAM**

Now that we have established what it means to make a Serious Commitment, let’s take a minute to explore exactly to whom and to what you need to make a Serious Commitment. As an athlete and likely being a member of a team, there are a multitude of commitments you will need to make.
Specifically to whom and to what do you need to make a Serious Commitment?

Ultimately, with your answers listed above, you find that you will need to make a Serious and Total Commitment to three primary areas: 1. your task, 2. your training, and 3. your team.

1. A Total Commitment to Your Task

A Total Commitment to your task means pursuing your goals, playing your part, and doing your job to the absolute best of your ability, no matter what it might be. Just as every person has specific tasks they are expected to accomplish in life, so too does every athlete have a set of tasks they are expected to fulfill on their team.

Committing to your task means having a concrete purpose and passion for it, whether your job is large or small. It means making your task or goal a top priority in your life and consistently attacking it with enthusiasm by adopting the kind of attitudes and actions that maximize your chances of achieving it.

Most of the time you will get to pick the specific tasks and goals you want to pursue as you try out for certain teams, compete for specific spots or positions, or apply for various jobs in the work world. It should be easy to totally commit to the tasks or jobs you want to be a part of and most interest you.

But you will also have many tough and tedious tasks assigned to you, especially by your coaches as well as your bosses in the work world. Rather than bemoaning your assigned task, complaining about the person who gave it to you, sloppily doing it with poor quality, or blowing it off completely, make a Total Commitment to execute it efficiently and effectively, exceed expectations, and do it all with an enthusiastic attitude. This kind of exemplary commitment to your task will quickly set you apart from the rest, get you noticed by the leaders, and position you for greater responsibility. Although you may initially be assigned menial tasks when you first start as a freshman or new employee, if you do them in an enthusiastic and exemplary manner you will impress your leaders, quickly move up the ladder, and soon get more meaningful and exciting tasks and roles.

“If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did his job well.”

MARTIN LUTHER KING, JR.
2. A Total Commitment to Your Training
Along with your Total Commitment to your task, you will also need to make a Total Commitment to your training. Committing to your training means putting your heart, mind, and soul into your preparation, practices, lifting, conditioning, etc. It means preparing yourself with quality in every way possible to consistently be at your best.

A Total Commitment to your training means you consistently put out maximal effort in all of your workouts and refuse to give into fatigue and frustration. It also means striving to find every possible way to develop and improve by using strength training, conditioning, watching video, mental training, speed training, etc. Finally, it means taking care of yourself by watching what you eat and having a healthy diet, hydrating properly, getting enough rest and sleep, stretching and rehabbing to prevent and minimize injuries, avoiding or abstaining from using alcohol and drugs, etc.

“*The successful person has the habit of doing things failures don’t like to do. They don’t like doing them either necessarily. But their disliking is subordinated to the strength of their purpose.*”

**Albert E.N. Gray, Author of The Common Denominator of Success**

3. A Total Commitment to Your Team
In addition to committing to your task and training, it is also highly likely that you will need to make a Total Commitment to your team. As an athlete, you are almost always in some way a part of a team setting. Even though some of you may compete in an individual sport where you don’t necessarily need to rely on your teammates in competition to be successful, you will still spend a great deal of time training, traveling, and competing with your team. So you will need to make a Total Commitment to a larger team typically comprised of the following people:

- **Teammates:** You will need to make a Total Commitment to your teammates. Your commitment to them begins with and revolves around being a great teammate. Of course being a great teammate means a variety of things including being a selfless, team player, consistently giving your best effort, supporting and challenging them, etc.

- **Coaches:** You will obviously need to make a Total Commitment to your coaches. When you become a part of the team, you agree to live by their particular vision, values, and standards. You will need to commit to being coachable, honest, hard working, responsible, accountable, etc. You will also need to understand, accept, and ideally embrace the role that is assigned to you for the benefit of the team.

- **Surrounding Others:** In the athletic world, there is usually a whole team of people such as athletic trainers, academic advisors, strength coaches, nutritionists, teachers/
WHEN YOU make and keep a total commitment to your task, training, and team, you show people you are serious about success.
professors, fans, community members, etc. who will have certain expectations of you. You must make and fulfill Serious Commitments with these people as well. To gain the respect of your teammates, coaches, and surrounding others and create a productive culture, there are certain commitments you will need to make and keep with these people.

“The greatest compliment to any player is that he or she is a great teammate. We can’t all be great players but we can all be great teammates... Great teammates choose to commit fully to the team’s goals and understand in the big picture what is required of each individual.”

JAY BILAS, ESPN Analyst and Author of Toughness

“The most important component of Spartan tradition is our commitment to create a brotherhood among ourselves. This task is bigger, tougher, and more elusive than any opponent we ever face. It’s understanding that I must lose some of myself in order to find it in others. Individual egos must die in order for a team to live. It’s learning how to be a team player. To claim I am a good teammate or team player simply means I know how to sacrifice for a just cause, cooperate with my fellow human, respect the dignity of others, and can respond when called upon.”

BOB LADouceUR, Former De La Salle High School Football Coach

Commitment Level Compatibility

Now that we have explored the importance of what it means to make a Serious and Total Commitment to your task, training, and team, you also must ensure your commitment levels are compatible with your teammates and coaches. Before joining a team or working with a particular coach, it is critical to see if there is a good match between what you are willing to commit to and the expectations of commitment from that particular coach/team. Do you both have similar expectations when it comes to commitment levels? How well are you both willing to make and keep Serious and Total commitments to each other?

Too many coaches and athletes overlook the importance of commitment compatibility on the front end. If your expectations of commitment are a poor fit with your coaches’ or teammates’ expectations, you set everyone up for disappointment, frustration, and often failure. If there is a strong fit, you all will benefit and thrive in this environment.
So both coaches and athletes need to consciously and carefully determine the compatibility of each other’s commitment level and expectations of commitment BEFORE you join forces. It will save you all a lot of headache and grief down the road.

How compatible are my expectations of commitment with my teammates and coaches?

—

“Success happens when you have a group of players and a group of coaches and they are all bought in.”

Urban Meyer, Ohio State Football Coach

The Benefits of Everyone Making and Keeping a Serious and Total Commitment

When you make and live by Serious and Total Commitments, you positively contribute to your team in two primary ways.

1. Creates a Positive and Productive Culture

First, when you know that everyone is fully bought in and giving their all toward your team’s goal, you create a powerful sense of respect, camaraderie, and chemistry that is highly effective and fun to be around.

“If you’re on the field, you have to give me 100 percent. Always. We have to weed out the bad seeds, point blank. If you can’t give me what I’m giving you on the field, I don’t need you on the field with me. I have no problem telling that guy I don’t want him on the field. That’s how you win.”

Vince Wilfork, New England Patriots

2. Maximizes Your Chances of Success

Second, when people commit to invest, train, and compete at a high level, you give yourself and your team the best possible chances of success.

Because making and keeping a Serious and Total Commitment is so important to your program’s success, satisfaction, sanity, and significance, the Commitment Continuum™ System is designed to help you and your team better understand the importance of commitment.
and its critical role in your team’s success. Not only will you learn what it means to be truly committed, but you will also learn practical strategies to build and maintain your commitment, how to rate and enhance your entire team’s commitment, how to motivate your less than committed teammates, and how to sustain your commitment throughout the course of a long season and even entire athletic career.

**Serious and Total Commitments in Your Life**

Now that we have better defined the concept of commitment and discussed the difference between a Superficial Statement and a Serious Commitment, let’s look at some things that you are seriously and totally committed to in your life and try to understand the reasons why. By exploring your own commitment, you’ll gain a better understanding of what it means to be committed.

Who are you most committed to in your life? Why?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

What goals are you most committed to in your sport? Why?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

What causes or projects outside of your sport are you most committed to? Why?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
How do you demonstrate your commitment to these people, goals, and causes?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**Excellent Examples of Commitment in Your Life**

Taking this a step further, let’s look at some people in your life who are excellent examples of commitment. These could be your parents, siblings, teachers, coaches, teammates, etc. Answer the following questions:

Who are some people who you think display remarkable commitment in their lives?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What specifically are they doing that makes them so committed?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Why do you think they are so committed?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

In looking at the things you are committed to as well as others who are highly committed, you will find that being committed brings a variety benefits and definitely maximizes your chances of being successful in whatever it is you are trying to achieve.
Committed people:

- invest themselves fully and consistently
- practice and train with a clear and compelling purpose
- view hard work as an investment rather than a dreaded sacrifice
- seek out and take advantage of opportunities to continually improve
- embrace and strive to overcome challenges
- don’t let obstacles, setbacks, or adversity de-motivate or deter them
- persist when times are tough
- demonstrate a love for and loyalty to their task, training, and team
- are fully responsible for their actions
- are accountable to themselves and the team
- compete intensely and relentlessly
- gain confidence from their hard work
- earn the respect of their teammates, coaches, surrounding others, and opponents
- inspire others with their dedication and work ethic
- have strong leadership potential
- are the key catalysts and driving forces behind success

These benefits of commitment obviously make an enormously positive impact on your team. Imagine the kind of Championship Culture you could create when the majority of your team is passionately committed to the same goal!

“A lot of our team commitment is a silent understanding that each one of us has poured our life into what we’re doing.”

Claire Carver-Diaz, Olympic Athlete
COMMITMENT INTERVIEWS

Invest the time to interview at least two people who you think are highly committed. Let them know you admire their commitment and would like to learn more about it. Most athletes report these interviews are extremely insightful and rewarding after doing them.

INTERVIEW #1 NAME

How important is commitment in achieving your goals?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Who and/or what are you most committed to?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Why are you so committed?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How is this commitment shown in your actions on a daily, weekly, and annual basis?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Has there ever been a time when your commitment wavered? If so, please explain:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How do you handle it when others don’t share your same high level of commitment?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
What advice would you give to someone who wanted to become more committed?

“If you don’t invest very much, then defeat doesn’t hurt very much and winning is not very exciting.”
Dick Vermeil, Former NFL Coach

INTERVIEW #2 NAME

How important is commitment in achieving your goals?

Who and/or what are you most committed to?

Why are you so committed?

How is this commitment shown in your actions on a daily, weekly, and annual basis?
Has there ever been a time when your commitment wavered? If so, please explain:

How do you handle it when others don’t share your same high level of commitment?

What advice would you have to someone who wanted to become more committed?

“Commitment is what transforms a promise into reality. It is the words that speak boldly of your intentions. And the actions which speak louder than the words. It is making the time when there is none. Coming through time after time after time, year after year after year. Commitment is the stuff character is made of; the power to change the face of things. It is the daily triumph of integrity over skepticism.”

Abraham Lincoln

“You need to make a commitment, and once you make it, then life will give you some answers.”

Les Brown, Author

THE CRITICAL IMPORTANCE OF COMMITMENT MODULE 1 SUMMARY

Our goal in the first module has been to help you gain a better and more complete understanding of commitment. Invest the time to discuss what you learned from your interviews with your coaches and teammates. While commitment may sound like an easy concept to grasp initially, hopefully you gained a much better and deeper appreciation for what it means to be committed and how it is a driving force in the lives of successful people and teams.

After thinking through commitment more completely and interviewing people who are highly committed, write an updated definition of commitment and compare it to that of your coaches and teammates:
My definition of commitment:

With the help of your coaches and teammates, come up with a common definition of commitment that you can use with your entire team so you are all on the same page:

For our team commitment means:

In our next module, we’ll break down commitment even further into a highly practical tool called the Commitment Continuum™. Until then, reflect upon the powerful quote below . . .

“Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth that 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 and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.”

Goethe