



## SMALL STEPS

*back to you*

# COMMITMENT

This is going to be a confronting discussion for some of you. I am sharing that because it was confronting for me. Here's the thing. I kind of considered myself a little bit of a starter, not a finisher. So what would happen is, I'd get this burst of inspiration to go walking three days a week, and I'd really give it a shot. And then I'd just kind of not feel like it, and I'd go, "Ah, I've lost my motivation. I'll just wait until I'm feeling groovy again." And that time would never happen.

We have this flawed idea that we need to feel inspired in order to create change. What we actually need is to look at how committed we are to that change. So for example, you've come into this course. You can choose to stay committed to this programme, to open every email, to watch every video, to do every exercise. If you do, you will experience a level of transformation. However, if you aren't committed to doing that, you're committed to staying exactly where you are.

Oh, I told you it would be confronting. Because we're always committed to something. So when I start my little burst of inspiration, three days a week walking pattern, if I just hope that the motivation to do that keeps me going, I'm going to kind of go like this on my walking, because motivation is finite. Willpower is finite. Commitment is not. So while I think I might be committed to my three days walking a week, I'm really not. I'm actually committed to staying comfy and cosy in bed, instead of getting up in the morning.

Perhaps I'm committed to just relaxing and letting winter ride itself out, and I'll get started with something like that in spring. Perhaps I'm committed to sleeping in right now. All of those things, totally fine. But if you find yourself not following through because your motivation is starting to wane, ask yourself: What are you committed to? In this programme, are you committed to doing the work?

I challenge you to bring that. I challenge you to prioritise this transformation, this period of time you've given yourself to dive deep into some of the things that have been probably on your mind for a while, but you just haven't created space to give attention to.



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It's your choice whether you create space for this. We can always create space and time for things that matter. Think about, if you're a parent, when your child gets sick, and suddenly you've just got to find time to go to a doctor or a chiropractor, or whoever it is that you see, in order to take care of your kid. You've just found an hour.

You can find time to work on this if you're committed. Don't rely on the buzz of joining an online programme in the first week to get you right through 'til the end. Get committed. What are you convincing yourself you're committed to in your life, but you're actually really not? You're committed to something different. Because remember what I said. You're always committed to something. Want to eat healthier but find yourself slipping back? Well, you're not really committed to eating healthier, because if you were, you would prioritise that, and it would be front and centre.

Most of the time, you guys, it's just human nature. We're actually just committed to staying safe and in our comfort zone and not wanting to do anything that upsets our rhythm too much. It's totally normal. We're human. We're designed to not want to move through uncomfortable things, feel uncomfortable feelings, get scared. But I challenge you to commit yourself to this programme. Show yourself you can do it. Prioritise. Don't wait for feeling inspired. Just commit a certain amount of time every week to this programme and follow through.

Show yourself you can do it for this and you will know you can do it for anything else in your life. See you soon.