

FROM WANTING TO WILLING TO COMMITMENT - CONCRETE EXAMPLES

Wanting	Willing	Commitment
I want to stop criticizing myself; I want to let Elise's criticism of me roll off my back like water off a duck; I want to work in an organization that is fueled by appreciation	I am willing to stop criticizing myself; I am willing to let Elise's criticism roll off my back like water off a duck; I am willing to work in an organization that is fueled by appreciation	I commit to using loving and kind self-talk; I commit to letting go of anyone else's criticism of me; I commit to creating an organization that is fueled by appreciation
I want to prioritize and receive rest and relaxation each weekend.	I am willing to prioritize and receive rest and relaxation each weekend.	I commit to prioritizing receiving rest and relaxation each weekend.
I want to be more decisive myself; I want to work on a team where decisions get made.	I am willing to be more decisive myself; I am willing to work on a team where decisions get made.	I commit to making decisions that need and want to be made; I commit to creating a team norm where decisions get made in a sound and timely manner.
I want to stop micromanaging Molly.	I am willing to stop micromanaging Molly.	I commit to creating conscious clear agreements with Molly and fully communicating my requests to her.
I want to stop questioning my own judgment; I want to be unphased by Chris' questioning of me; I want to work on a team where my experience is valued.	I am willing to stop questioning my own judgment; I am willing to be unphased by Chris' questioning of me; I am willing to work on a team where my experience is valued.	I commit to trusting my own wisdom; I commit to letting go of Chris' judgment of me; I commit to finding a team where my experience is valued.
I want to work for someone who is committed to justice. I want to work for someone who is respectful of others.	I am willing to request a different supervisor; I am willing to report Brad to HR; I am willing to look for a different job at a different company; I am willing to organize with my colleagues to create a more just workplace.	I commit to finding a boss who is committed to justice and who treats me with respect.
I want to lead a team that creates the conditions that results in 100,000 people being housed in the US.	I am willing to do everything in my power to create the conditions that result in 100,000 people being housed in the US.	I commit to co-creating the conditions that result in 100,000 people being housed in the US.