

# FROM WANTING TO WILLING TO COMMITMENT

Think about an issue related to your work to repair the world that you want to explore. Complete these sentences.

Related to my issue, I want...[allow yourself to express freely anything that comes to mind. No censorship or packaging it to be “appropriate” or “professional” or “realistic.” Aim for the stars!

Tune into your own body and see if you are able to shift from wanting to being willing. If you are, continue to journal.

Regarding what I want, I am willing to....

Tune into your own body and see if a commitment is wanting to be made. If yes, articulate it like this:

I commit to....

Remember to frame your commitment in the positive (being patient with my kids) versus negative (stop yelling at my kids).

Step in: Pick a spot on the ground to represent being “all in” with your commitment. When you feel ready, step into that spot and declare your commitment out loud. See how it feels in your body to really own your commitment.

Celebration step: How will you celebrate your new commitment? Make sure it’s something you can complete before the sun goes down today.