

A Story About *COMMITMENT*...

Listen to the story and have a conversation. As a family, listen to the audio of the *Commitment* story or choose a family member to read it by picking a name out of a hat or having someone volunteer. Then have a conversation guided by the questions below.

- What happened?
- What did she learn?
- Is there something similar that has happened in our family?
- How can we apply lessons in the story to our lives?

Definition of *COMMITMENT*

Make your dreams happen. Take positive action. Follow your vision without wavering.

Commitment is the breathtaking moment of making a compelling decision, jumping in, and going forward with gusto. Once a commitment is made, indecision is eliminated—there is no more “Should I or shouldn’t I?” ... “Will I or won’t I?” A commitment is not made lightly—it’s about making a decision so strong that there is no going back ... like a skydiver who has jumped from the plane!

The decisive act of making a commitment—when we decide to do “whatever it takes” to reach a goal—sets in motion an energy field that propels us forward on our path. At each step along the way, our commitment inspires us to take positive action and overcome obstacles, and pushes us on until we “make it happen.”

Make *Commitment* a habit in your family.

Affirmations for *COMMITMENT*

Affirmations are positive statements that we say repeatedly to ourselves to help change our limiting thoughts and beliefs to positive thoughts that lead to confident action and success. Here are affirmations about *COMMITMENT*. Use these and come up with others that relate to your family. Individual family members can also create their own personal affirmations. Be sure to write them as present-tense first-person statements.

Choose an affirmation that feels right for you and say it to yourself often ... maybe even write a few on cards and tape them on your bathroom mirror and other places you'll see often to remind yourself to say them every day.

Make positive self-talk a habit—it really works!

Ages 4 to 7:

- When I decide to get something done, I know I can do it.
I do my best I don't give up.

Ages 8 to 11:

- I have goals that I want to reach and I know I can do it.
- I do my best to reach my goals.
- I don't give up.

Ages 12 and up:

- I have meaningful goals and believe in my ability to achieve them.
- I take positive action to move forward toward my goals.
- I give my best effort to achieve my goals.
- I persevere—giving up is not an option.

Activity for *COMMITMENT*

SHARING WHAT'S IMPORTANT

Think about what's important. Family members think about what's important in their lives by asking themselves *What gets me excited and focused? ... What makes me feel happy and fulfilled?* Everyone makes a list of their top three to six priorities then puts them in order starting with their top priority. It might be helpful to think about different categories such as personal interests, relationships, health, education, career, community. When everyone has finished their list take turns to share aspirations with the family.

Discover similarities. Print out the [Venn-Diagram for Families](#) that relates to how many are in your family. Then let each person take a turn to label a circle with their name and fill in their top three priorities. When everyone is done look for similarities in priorities and write those in the center circle.

Plan a family activity around a shared priority. Look at the shared family priorities in the center circle of your Venn Diagram and think about activities you could all do together that match any of those priorities. For example:

- If one of the shared family priorities is *health*, how about planting a vegetable garden? Everyone participates in choosing where to place the garden and what vegetables to include, then in buying the seeds, planting, weeding, watering, etc. It's easy and fun, then those wonderful home-grown vegetables are enjoyed by all—what an achievement!
- If the family has an interest in preserving the environment there are numerous volunteer activities that the family could do together such as river or beach cleanups, maintaining public parks, hiking and biking trails, etc.
- If a family member's top priority is oceanography and they're thinking of making it their career, include the family in their interest and visit an aquarium together.

Family activities like these are a great opportunity for “connecting” with one another.

Reflection for *COMMITMENT*

Share your thoughts about *Commitment*. Use the following questions to guide a family conversation about *Commitment*.

- When we follow through on our promises to ourselves and to others, how do we feel about ourselves?
- How do others respond when we follow through on our promises? Consider specific commitments or promises that each family member has undertaken.
- When was a time each of us was highly committed? What was the nature of our commitments? What were the results?

Review for *COMMITMENT*

End the week with a review of the *COMMITMENT* Key.

- What did we learn?
- How have we applied it?
- What changes have we seen?
- How do we feel about it?
- How will this impact our family in the future?