

QUOTES, QUIBBLE, QUESTION

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W E L C O M E

This week is focused on 'Commitment'

To a cause, a person, a group or your own life goals.

Q U O T E S

"When you make a commitment you create hope. When you keep a commitment you create trust" [John C. Maxwell](#)

"The only limit to your impact is your imagination and commitment" [Anthony Robbins](#)

"Commitment is what transforms a promise into reality" [Abraham Lincoln](#)

"Commitment means staying loyal to what you said you were going to do long after the mood you set in has left you" [Unknown](#)

Q U I B B L E

Life without commitment is like salt without pepper. Life needs commitment to provide the right flavors.

More often commitment is underrated and forgotten. Like trying to lose weight, if you are not committed to exercise and changing what you eat, the end result won't be what you want it to be.

A plan without action is just a piece of paper. So why is commitment fading, short-lived, and when things become hard, it's easy to stop... I challenge you to flick the switch and recommit it's not that difficult to remain focused.

Q U E S T I O N

How will you re-evaluate commitment in your life?

These are the things to start you thinking...

Try committing to less and making more effort then see what happens.

When it starts to get hard, battle through the urge to switch or give up.

Make commitments with others, the shared accountability helps focus time and effort

Commitments are driven by momentum, so start small

You can't expect others to be committed in the same way you are. So don't be disappointed

Use the support around you to champion your commitments

Here is the summary:

1. Stay committed for longer, you will be pleasantly surprised by the results
2. If you are not committed to anything, start small and ride the momentum
3. Life without commitment makes for a life without colour.

T H A N K S

For reading this week's newsletter.

If you have other subjects that you would like to hear about, drop me an email at

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