



*“Anything less than a conscious commitment to the important is an unconscious commitment to the unimportant.” **Stephen Covey***

WEEK 1: MAY 2ND - 8TH

Question: *How personal do you make your commitments?*

We all make commitments to others but are we as intentional about the the commitments that we make or should be making to ourselves? When we follow through with our promises to others we get a sense of satisfaction, loyalty, strength and self-confidence. The same could be said if we make our personal commitments as much a priority.

Think of commitments you’ve made to yourself and consider several new commitments you want to make. Write these on a sticky note or notecard and place it on somewhere you will see them several times a day. Keep these somewhere visible for personal awareness and accountability for the remainder of the month. Check in with yourself periodically throughout the month and see if you are staying fast to these commitments or if you need to adjust your thinking and revise them.

Delve deeper with the idea of personal commitments with this poem by Laura Mancuso *My Commitments to Myself*:

<https://www.uua.org/worship/words/meditation/my-commitments-myself>

*And may your hearts be fully committed to the LORD our God, to live by his decrees and obey his commands, as at this time **1 Kings 8:61***

https://uucf.org/wp-content/uploads/2021/01/sm_2021-03_sg_commitment.pdf

WEEK 2: MAY 9TH - 15TH

Question: *Have you ever wanted to try something new?*

Commitments are choices that you make to yourself. Habits are one of our most powerful commitments. Once we master them, they become something that we do without even thinking. Your actions, feelings, and emotions are so in tuned when we've mastered a habit. Like driving to work, you take the same route every day you could do it in your sleep.

How much of your day to day life do you think runs on automatic habits? Wouldn't it be nice to try and rock the boat a little bit? Why not consider spending the next 30 days building a new habit? I'm sure we all have things we wish we had time to do or dreams we thought were too big to grasp. Try and take this next month to add a new habit or maybe ditch one that is holding you back.

https://uucf.org/wp-content/uploads/2021/01/sm_2021-03_sg_commitment.pdf

Watch this TEDtalk from Matt Cutts *Try something new for 30 days*

https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days?rid=tRBigzKBJt7E

*So I recommend having fun, because there is nothing better for people in this world than to eat, drink, and enjoy life. That way they will experience some happiness along with all the hard work God gives them under the sun. **Ecclesiastes 8:15***

WEEK 3: MAY 16TH - 22ND

Question: *How is committing something to memory important?*

“When you love a book, commit one glorious sentence of it to memory. That way you won’t forget the language of the story that moved you to tears.”

John Irving

We live in a day and age where technology has made memorization almost mute. We used to have to remember people’s phone numbers, now they are in our phones. So why should we commit something to our memory, what is the purpose of it? I’m sure we all struggle with some form of forgetfulness. Do you have a hard time remembering someones name, or even just where you put something?

https://uucf.org/wp-content/uploads/2021/01/sm_2021-03_sg_commitment.pdf

Is there really a trick to help us commit to remembering something better? Watch this TEDtalk from Ricardo Lieuw *How to triple your memory by using this trick.*

<https://www.youtube.com/watch?v=JsC9ZHi79jo>

Is there something you can think of that you would like to get improve upon that this new skill would help you with? This is part of what Ricardo speaks upon with the three steps of Experimentation. The first step being *the check*, the second *the experience*, and lastly *the experiment*.

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness **2 Timothy 3:16**

WEEK 4: MAY 23RD - 29TH

Question: *How bad do you want it?*

Watch this **COMMITMENT | Powerful Motivational Video**

<https://www.youtube.com/watch?v=MXghcl8hcWU>

“Well if you're not willing to fully commit to dive into something then that gives you a pretty good answer right out of the gate. You can talk about hours spent, routines, habits. But if you aren't passionate about what you want, if you don't immerse yourself in it, none of that really matters. Live how you need to live. Do what you need to do. Be who you need to be to make your dreams real. Fully commit to excellence. Because until you do, than you will be left with only a vision and a false sense of reality. Winners don't have time for that okay. Set your mind to your target and crush it”

Think about this video and the message that it sends you. What really is holding you back from fully committing yourself to your dreams? Do you now feel different about them? Do you have a new sense of commitment to your goals?

*Commit to the Lord whatever you do, and he will establish your plans. **Proverbs 16:3***