Commitment

It’s always easier to let the wind blow you whichever way it happens to be going. But what distinguishes the drifters from the swimmers is the desire and the commitment to get where you want to go! Your commitment keeps you paddling your arms and kicking your legs—it keeps you moving in your chosen direction, even if it’s through the waves.

Mahatma Gandhi, Thomas Edison, Martin Luther King, Jr., were committed. And we still feel the effects of their commitment, we still hear their names years after their commitment made them famous. What is it about a strong commitment that generates such a lasting impact?

Commitment is not dangling one foot over the edge. There’s no impact in hesitation. You need to jump. Commitment is about saying you will do something, then doing it. Commitment is about tenacity. Commitment is about persevering—and not giving up until you reach your goal.

1. **What was a time that I was committed to something?**

2. **What positive results came from my commitment—what did I accomplish?**

3. **What message do I send to people when I break a commitment?**

4. **Why is commitment important in my life?**

5. **What are some things that I am willing to commit to now? At home? At school?**