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Commitment

Commitment means different things to different people and can lead us to lean into things or to move away from them. Do you know what you think and feel about commitment and what it helps or hinders you in doing?

What does “commitment” feel like to you?

Where are you over committed?

Where are you avoiding commitment?

Can you release the feeling of obligation and make commitments from genuine desire and dedication?

Yes/No

What would happen to your life if you put your WHOLE self in?

What is it that you have a POWERFUL enough reason to commit to?
