

Conscious commitment begins the process of positive change and relational and organizational resolution. We define commitment using its Latin origin, *committere*, which means to gather one's energy and move it in a chosen direction. Using this definition, we view commitment as an energetic experience and not a moral issue. We invite you to embrace these 15 commitments as your entry-gate into "By Me," a life free of victimhood. Following each commitment is the "To Me" commitment; the way people show up when they are living and leading (either consciously or unconsciously) from the belief that life is happening to them.

1. I commit to taking full **responsibility** for the circumstances of my life, and my physical, emotional, mental and spiritual wellbeing. I commit to support others to take full responsibility for their lives.

I commit to blaming others and myself for what is wrong in the world. I commit to be a victim, villain, or a hero and take more or less than 100% responsibility.

2. I commit to growing in self-awareness. I commit to regarding every interaction as an opportunity to learn. I commit to **curiosity** as a path to rapid learning.

I commit to being right and to seeing this situation as something that is happening to me. I commit to being defensive especially when I am certain that I am RIGHT.

3. I commit to feeling my **feelings** all the way through to completion. They come, and I locate them in my body then move, breathe and vocalize them so they release all the way through.

I commit to resisting, judging and apologizing for my feelings. I repress, avoid, and withhold them.

4. I commit to saying what is true for me. I commit to being a person to whom others can express themselves with **candor**.

I commit to withholding my truth (facts, feelings, things I imagine) and speaking in a way that allows me to try to manipulate an outcome. I commit to not listening to the other person.

5. I commit to ending **gossip**, talking directly to people with whom I have an issue or concern, and encouraging others to talk directly to people with whom they have an issue or concern.

I commit to saying things about people that I have not or will not say to them. I commit to talking about people in ways I

wouldn't if they were there. I commit to listening to others when they gossip.

6. I commit to the masterful practice of **integrity**, including acknowledging all authentic feelings, expressing the unarguable truth and keeping my agreements.

I commit to living in incompleteness by withholding my truth, denying my feelings, not keeping my agreements, and not taking 100% responsibility.

7. I commit to living in **appreciation**, fully opening to both receiving and giving appreciation.

I commit to feeling entitled to "what's mine," resenting when it's not acknowledged in the way I want.

8. I commit to expressing my full magnificence, and to supporting and inspiring others to fully express their creativity and live in their zone of **genius**.

I commit to holding myself back and not realizing my full potential by living in areas of incompetence, competence and excellence.

9. I commit to creating a life of **play**, improvisation, and laughter. I commit to seeing all of life unfold easefully and effortlessly. I commit to maximizing my energy by honoring **rest**, renewal and rhythm.

I commit to seeing my life as serious; it requires hard work, effort and struggle. I see play and rest as distractions from effectiveness and efficiency.

10. I commit to seeing that the **opposite of my story** is as true or truer than my original story. I recognize that I interpret the world around me and give my stories meaning.

I commit to believing my stories and the meaning I give them as the truth.

11. I commit to being the source of my **security, control and approval**.

I commit to living from the belief that my approval, control and security come from the outside; people, circumstances and conditions.

12. I commit to experiencing that I have **enough** of everything... including time, money, love, energy, space, resources, etc.

I commit to a scarcity mentality choosing to see that there is "not enough" for me and others in the world and therefore I have to be conscious of making sure I get and preserve what is "mine."

13. I commit to seeing all people and circumstances as **allies** that are perfectly suited to help me learn the most important things for my growth.

I commit to seeing other people and circumstances as obstacles and impediments to getting what I most want.

14. I commit to creating **win for all** solutions (win for me, win for the other person, win for the organization, and win for the whole) for whatever issues, problems, concerns, or opportunities life gives me.

I commit to seeing life as a zero-sum game, creating win/lose solutions for whatever issues, problems, concerns, or opportunities life gives me.

15. I commit to **being the resolution** or solution that is needed: seeing what is missing in the world as an invitation to become that which is required.

I commit to responding to the needs of the world with apathy or resentment and doing nothing or assigning blame to others.