

## Power Comes from the Inside Out

---

We make commitments all of the time. When we follow through with our commitments we gain power and integrity.

Our actions speak for us and our value increases. When we don't follow through we "lose face" in other people's eyes, and diminish our own integrity.

How will people believe us, and worse, how we will believe ourselves if what we say isn't true? Looking at the commitments we make and how we view them can teach us a lot about harnessing our own power.

### At the end of this exercise, you will be able to:

- Realize what commitment is
- Recognize that power comes from within
- See how you lose power
- Analyze the commitments you make
- Assess how you feel when you can't follow through

### Webster's Dictionary Defines Commitment as:

- An agreement or pledge to do something in the future
- An engagement to assume a financial obligation at a future date
- The state or an instance of being obligated or emotionally impelled
- A promise to do something for someone

## What does commitment mean to you?

Answer the following questions and think about how you are gaining or losing your own power.

How many commitments do you make in a day? \_\_\_\_\_

A week? \_\_\_\_\_

A month? \_\_\_\_\_

What percentage of those commitments do you keep? \_\_\_\_\_

Do you break any of those commitments? \_\_\_\_\_

What percentage do you break? \_\_\_\_\_

What does it feel like when you break a commitment? \_\_\_\_\_

How does breaking a commitment affect your integrity? \_\_\_\_\_

What would it take for you to say 'no' to a future commitment that you know you might now be able to complete?

What are some ways you can make fewer commitments, and follow through to keep the ones that you have made?