

Commitment to Action

With the first steps thoughtfully completed, you now will have a much clearer understanding of *your priorities* in life. Now carefully reflect on your current lifestyle, habits, traits and choices, and decide on the primary habit or trait which you feel is most inconsistent with your current values and thus *must* change now! Recognize that whatever purposes that habit or trait served in the past, it does not do so now. There is no need for any more judgment of, or guilt around, that behavior now, simply the recognition that it no longer serves you and "*the past does not have to equal the future*" unless you choose for it to do so.

Two of the most important qualities in building high self-esteem and personal happiness are congruence and personal power. **Congruence is the decision to live in accordance with our values** (not in spite of them) and **personal power is the ability to make changes within yourself** where and when it is in your best interest.

Thoughtful completion and frequent review of the Personal Commitment form which follow will help you a great deal in accomplishing your personal goal.

Contrary to the beliefs of many (usually those who resist change themselves) the more radically one shifts his/her previous unresourceful behavior patterns (upon committing to change), the more likely he/she is to succeed in establishing new patterns and lasting change. However, a great deal may be accomplished by simply addressing one step at a time and plotting a series of incremental changes in the direction of your desired outcomes and goals.