COMMITMENT

Commitment comes from two Latin words which mean "to bring together" and "to send." So to commit means to unify yourself-body, mind, and spirit - and to send this whole person forth on a chosen path. The modern definition of commit is "to engage, pledge, and bind oneself to a certain path of conduct."

1. What in your life are you currently committed to?

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2. What do you base it on?

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3. How do you know when you are committed?

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4. How do you experience commitment? What does it feel like?

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5. What is something in your life that you completely committed yourself to in the past?

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