



What is COMMITMENT?

It means to be responsible, having devotion and never giving up, staying the course, in spite of the challenges.

It also means to be honest and true to the task or journey on which you have agreed to embark.

COMMITMENT is persistence with a purpose to an obligation, responsibility or promise.
COMMITMENT is the act of binding yourself (intellectually, emotionally, physically) to a course of action.

Why is COMMITMENT important?

Commitment ignites action! Without commitment, we cannot successfully fulfill our responsibilities.

"Once a man has made a commitment to a way of life, he puts the greatest strength in the world behind him. It's something we call heart power. Once a man has made this commitment, nothing will stop him short of success." Vince Lombardi~Great NFL Coach

"There's a difference between interest and commitment. When you're interested in doing something, you do it only when circumstance permit. When you're committed to something, you accept no excuses, only results." Tom Robbins~American Author

Examples of how to show COMMITMENT

A way to show **COMMITMENT** to your coach is to always arrive for practice and games on time and to always give your best effort on and off the field. An example to show **COMMITMENT** to yourself and your teacher is to complete your homework, turn it in on time, and study hard.

You can show your family how **COMMITTED** you are to them by executing your chores around the house and always doing what is asked of you by your parents without complaint.

What is the opposite of COMMITMENT?

The opposite of **COMMITMENT** is breaking a promise to your coach, teacher, or parent on something you said you would do, but did not follow through on. When you disregard your **COMMITMENTS** you are denying or refusing to maintain your word or agreements. When you don't follow through with your **COMMITMENTS**, you become unreliable and cannot be counted on.

Watch your thoughts; they become words. Watch your words; they become actions.
Watch your actions; they become habits. Watch your habits; they become character.
Watch your character, for it becomes your destiny!!!