

Becky: [00:00](#) Hey, my friends, welcome to this new module around clarifying your commitment in the Impact with Integrity course. So just to catch you up with what you've done so far, so you faced into your challenge, you've looked into your acorns, you've gotten really clear on what is it that you want to address through doing this course, and you've embraced your power, which you've gotten off the drama triangle you've and you've looked into your personal and your societal and your organizational hierarchical dimensions of all of the risk assessments that, that entails with our complex identities and how we're situated. And you've made a choice one way or another of whether or not you want to do something about this right now. And regardless of where that is, what's going to keep moving you forward in using your, your own three feet of influence to have maximum impact in the world.

Becky: [00:50](#) With integrity is for you to get really, really clear on what you're committed to. So these next modules and lessons are designed to help you go through your own inner process, to arrive at a commitment to where you can say, I commit to blank, and we'll talk about this more, but I want you to know that is the magical switch that turns the lights on to everything, right? We can have our strategic plans. We can have our to do lists. We can keep ourselves really busy chasing our tail, but it, the commitment once we have a commitment and we're clear on what we're committed to creating in our work and our families and the world and our communities, and that you might have multiple commitments. What are we, what are you committed to creating with your relationship with yourself, with your body, with your, your health and well-being?

Becky: [01:38](#) There's many, many dimensions of our lives that would benefit from clear commitments. Not because just because you make a commitment, that's it it's done. You're definitely going to get a pop quiz from the universe and you're going to go off course, but having that commitment and having that commitment seared into our consciousness brain it gives us something to come back to, right? So it just feels like this. For me, it's like, Oh, I'm going to deviate from my commitment because that's what we do. And then I'm going to come back, right? I'm going to come back to what I'm committed to. And that is where it's in the coming back and in the micro course corrections where over time we build up a track record and it's really clear that we're committed to something bigger than ourselves and that's where the impact all flows.

Becky: [02:19](#) So I don't want you to muscle up or forced yourself or work really hard to have a commitment. I want you to allow almost

think of it, allowing of your commitment to reveal itself to you, and then you can step into it. And it's like, almost like trying on some clothes that fit just right, right. So it's not something you grasp for like, Oh, what's my commitment. What's my purpose. What is it? It's more let it come to you. So in this module, there's a couple of lessons that we're going to actually go through some processes that I've used that support me in, in clarifying and identifying, just getting it started, just opening it up to where that commitment might emerge. And so the way to that is through our bodies and our emotions. And so these are parts of ourselves that way dominant culture and dominant culture in general would be very much happy for us not to be talking to her, listening to in any way.

Becky: [03:16](#) So just the act of getting curious about your feelings and your own, your own sensations, and what's going on for you. I want you to know that I consider that an act of almost like rebellion against the BS status quo and also part of your own healing, your own recovery from the various traumas that you've experienced in your life and, and, and part of the pathway to your own liberation. And so regardless of how uncomfortable this may make you feel I'm going to ask you to hold my hand and stay, stay in this with me. Because I know that your liberation is on the other side of this. Okay? So whatever stories you have about how that is indoctrination, and it's not you, it's not your essence for you to make a really big difference in the world.

Becky: [04:06](#) What we need is all of you online. So not just your great big brain and your great, big smart ideas, but also your feelings, your emotions, your truth, your spirit, your soul, your body, all of you. That's what we're asking for. So we'll take you through a few modules to help you gain some familiarity and even some language around what it is you may be feeling since it's not something that's part of the standard grew up in the Western world curriculum. And then where we'll end this first module is around using an exercise that I use again and again and again, and again, to get to the clarity that's on the other side of my confusing confusion. So we'll go from just as like vague, foggy. I don't know what I'm committed to, I guess, you know, I just, whatever we'll move through and face into our emotions that arise based on our issues.

Becky: [05:01](#) And even based on how we're situated relative to our power, right? We'll use those emotions as fuel for getting to the clarity that's on the other side. So that's what we're really seeking here. We're not going to get to commitment quite yet. In these modules, we're going to get to clarity at the very least on like,

what is it you really want? So this will culminate with one of my favorite exercise blur, breathe, move. So what I want to give you is a great big permission slip this week and, and always to, to blurt, to, to create space and relationships where, where you're just able to say whatever it is that comes up for you to get to what's on the other side, like it's permission to be messy permission to not be appropriate or professional. There are places where we need to be appropriate and professional.

Becky:

[05:49](#)

This is not one of them. Okay. this is a space where you get to be you and, and, and, and get to the clarity for you. Then we'll worry about making it professional. We'll worry about making it work in a workplace, but for now we're, we're, we're, we're not worrying about all that we're coming all the way inside listening to our own inner truth so that we can then figure out what we're going to be committed to. So we'll build on that from here, but I just ask you to lean into these exercises. Even if they make you uncomfortable, trust me, it's going to make you just so powerful as a leader, you'll be playing a different game. If you're able to tune into a know clearly what your body's trying to tell you, you're going to bring so much more to the game. So have fun with this. I can't wait to, to unpack this with you more, and I hope you really like these lessons. Thank you for being willing to do them. It's going to make a big difference, not only for you, but also for your ability to make change in the world, which is what I'm, what I'm rooting for.