

Becky: [00:02](#) Hey friends. Welcome back. Welcome back to this next module. I'm so happy to see you here this week. We're going to build on the work we've already done so that we can get to a commitment and clarify what that is. So just as a reminder we've we face into our challenge. We've embraced our power. We've gotten off the drama triangle. We've made a choice of whether or not we want to do something about this situation at all. And then we started really beginning to do the building blocks of getting clear on what our commitment is. So clarifying our commitment is the work of this week. And it's building on the work of feeling our feelings and tapping into our emotional intelligence, our body wisdom, to use all of our intelligence, to make sense of the world around us, of our relationships of what's true for us all based on this belief that we're all inextricably linked, we're all connected.

Becky: [00:53](#) We all have a piece of the puzzle for the evolution of our species for all of humanity, for all of all, all living creatures. Each of us has something to contribute to that. And it's by going within and, and listening to that and listening to that as we are interconnected with everything, we're, our heartbeats are affected by people within, I think a 10 foot radius affects our own heartbeats. And so we're deeply, deeply connected and to take time, to really clue into what is our part of that connection speaking to us about, right? So we can't go around our feelings. We can't suppress our feelings. We got to go through our feelings and get to the clarity on the other side, which is the building block for getting to commitment. And, and we'll take you through this and these next few modules. I want you to have this other building block, which is knowing your yeses and knowing your nose.

Becky: [01:47](#) This can be quite liberatory. I'm excited for you to have this concept and to play with it in your lives and in your management and giving yourself and everyone in your life permission to have a no. And also to really start to get curious of what are my full body yeses too, cause that's, those are hints. Those are breadcrumbs along the way to what you w what your commitment is. And then the last exercise we'll do is to shift from wanting to willing to commitment. And I'll explain that as we get to it, but it starts with something that you want. And then we end with what is it that you're committed to? And this is where this sort of like magical calibration happens, where all of your ability to have impact in the world in a way that's sustainable and wholesome and good for you too starts to come together because that commitment becomes your direction.

Becky:

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It becomes your true North, your compass setting. And then from there, the name of the game is recommitting and using the tools for shifting the context to help you advance towards your commitment. So in a way we teach about large scale change. You know, your aim is your 18 to 36 month sort of organizational directional commitment if you will, but your personal commitment is what you're bringing to that what you commit to coming back to no matter what, this is, what I'm about, this is what I stand for. This is what I'm here to contribute. This is what I'm here to do. This is my value that I will return to again and again and again, it's going to look different for each of you. And it's really important. This is your touchstone. This is it. Everything all big change comes from a commitment without the commitment.

Becky:

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It's like, you know, you've got the lights, but they're not turned on. So the one little word of advice I want to offer is don't try to force it and don't be like, Oh, I can't come up with a commitment. Don't try to force yourself to go through these exercise, go through these processes. And, and here's an option I want you to invite you to consider is allow your commitment to find you allow, allow that to life, to speak through you through what you're committed to. It won't be just one thing. But what allow, allow it to find you be open and available to it. And I'm excited to see what it is that's coming to you. I've never yet met somebody whose commitments are nefarious or harmful. They're always beautiful and good. And part of the, the healing and, and weaving together of the web of life on the planet. So I can't wait to hear what your contribution to that is and how you would articulate that and how you would frame that. So I wish you the best with this and see you in the next lesson.