

# Video Transcript: From Wanting to Willing to Commitment

)Hey y'all. So we are in our final lesson of the module on commitment, and this is where it all comes together, where we're going from getting, taking what your clarity of what you really want, including your, your new found kind of clarity on yeses and nos. And moving that from wanting to, willing to committing. And I'm gonna give you a few pointers on this, but, but the idea is you use the worksheet here to go from, okay, I want this one is just saying what's true. What means lack? I don't have, you know, I want blank. Yes, that's true. I don't have such and such, so saying I want something has no transformative power other than just being aligned with what is okay. We start there though. It's really important. That's why we go through blurt, breathe, move. We're just moving through.

We're moving through the confusion to get to like, Oh, I really actually, I want a completely different job or I want to work more on my genius, or I would like that bad behavior to stop, you know, like whatever that is. So we start with clarity on what we want. The next step is moving into willing. Right. And, and we don't go straight to commitment because commitment is again, we want to allow commitment almost to kind of come to us. And, and there's like an alignment there. So, but the willingness is take the thing you want. I'll use an example. I want to, I want to, I want to express more of my genius. I want to do more. I want to do, I want to do extraordinary keynotes, you know, I think my keynotes are pretty good actually, but like, I want them to be like Mike Birbiglia, Brene Brown love-baby keynotes.

)Right? Like I want them to be awesome. So that's a want, the next thing is I'm willing. It's like, what am I willing to do about that? And so I can start with, I'm willing to do what it takes so that I can go from good to great on keynotes. Right. So, and I'm just gonna play with this. Like it's saying it out loud and iterative where it comes to you.

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I am willing to become an extraordinary keynote speaker. And let's see, I'm willing that something else is coming to me now, I am willing to express my truth in the most creative and engaging and entertaining way that I possibly can. Right. Like, so now I'm starting to do, like, what am I willing to do? I'm willing to find a coach who can help me be better. Right. All these things are coming to me and like, what am I willing to do?

I'm willing to spend money to get even better at this. Right. Like what's, what am I willing to do connected to that want, right. Then like have fun with a willingness, like, and, and it's like kind of a game of chicken, you know, like what are you willing to do? Right. And then the last piece is moving to commitment. So commitment is, there's a few little things I want to share related to that one is you want to say it linguistics matter I commit to, and then I will often say it out loud a couple of times and see what wants to come. Like I commit to expressing my truth in the most engaging and entertaining and educational way possible to as many people who could possibly benefit from hearing that, right? Like that is the good start at a commitment actually. Like you don't always get it the first time, but that was actually pretty good.

Right. and, and that's very different from saying, I am committing to being a really great keynote speaker or whatever, right. I am committing to is not the same as I commit to. It's just your brain hears a differently. It unlocks something different in your subconscious. Which also is different from saying, I am committed to you only get to say that when you've earned it, when you have a track record so far. So for example what is something I'm committed to? I'm committed to working out. I work out five days a week religiously. I've been doing that for a long time. So I can say I've earned the right to say I'm committed to exercising because I have a really good track record for that. I can't say that I am committed to eating. What is most healthy for me?

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Right. We talked about the bacon because I don't quite have a track record. Like you've six, some lasagna in front of me. I'm probably gonna eat it. Right. so, so you, you don't want to trick your brain, right? You want it, like I commit to, right. I commit to expressing my truth in a way that is, is engaging in of service in our platoon, as many people as possible in our planet. The other thing is you can't commit to not something, you know, like, I can't say like, I commit to not eating bacon anymore. Right. because your body's like, wait, what's that, it's like that book, like don't think of an elephant. And of course you think of an elephant, so you don't want to be queuing up your subconscious with like, not something you want to reframe it and something in the positive.

And if, if that's a challenge for you, because you're like, no, this is like a, not like I commit to like, not being sexually harassed at the office anymore. Right. Like, okay, let's, let's play with that. So you can say, I commit to only working with people where there's a clear mutual respect. Okay. So that you, you want to twist it. So it's a positive cause your brain can do that. So this is just a couple pointers on committing. And once you have that commitment, sleep on it, put it under your pillow, like write it in your journal. I commit, I commit to such and such whatever that is and be careful what you commit to. This is the last thing I want to share it because it's really powerful. And so it does set in motion. You're the parts recesses of your brain, your unconscious mind is like, okay, order received, let's go.

)And so only commit to something you actually really want in your life. So this is this is a, you're kind of a little bit of a sorcerer's, magician's wand kind of thing here. So you're playing with fire but if you really want that and you're committed to it that's what becomes your, your, your, your grounding compass, your true North, that then as we're shifting the context, what we're really doing is we're introducing something different. And then we're looking at like, did that move me towards my commitment or away from my commitment?

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Let me recommit. So it's in the recommitting where the real power comes. But first thing is to get really, really clear on what you want to commit to. So this worksheet from wanting to willing to committing I got that from Katie Hendricks. I think it's perfect as it is.

So I just left it as it is, have fun with it. And give yourself some time don't, don't rush into a commitment. Allow a commitment to come to you, too. This might be something where you just kind of do a little work, set it aside, go do other things and come back to it. And then when it, when it, when it lands, it's like a gymnast, it's like, I got it, right? Like let it land, sleep on it again, let it marinate because this is part of what we're, we're, we're bringing our, all of our consciousness into alignment with this process. It's really, really powerful. And not to be rushed. All right, good luck. And can't wait to see what you come up with.