

#40 — THE COMMITMENT FILTER

Five questions to help you commit only to what aligns with your future — not your fears, wounds, or pressure.

Commitment is not about discipline.

It's about direction.

When you commit to the wrong things, you drain your life.

When you commit to the right things, you change it.

This tool helps you choose wisely from the start.

1. Am I committing to stay in alignment... or out of obligation, fear, or pressure?

Aligned commitments energize you.

Pressured commitments drain you.

Your thoughts: _____

2. Does this commitment support the life I want... or the identity I'm trying to outgrow?

Commitments shape identity.

Make sure yours are feeding the right version of you.

Your thoughts: _____

3. If I say yes to this, what am I saying no to without realizing it?

Time, energy, peace, bandwidth, opportunities — every “yes” silently costs something.

Your thoughts: _____

4. Will staying committed to this feel like self-respect... or self-abandonment?

Self-respect expands you.

Self-abandonment shrinks you.

Your body already knows the answer.

Your thoughts: _____

5. If future-me reviewed this commitment, would she thank me or resent me?

This is the truest filter of all.

Future-you is your wisest advisor.

Your thoughts: _____

FINAL REMINDER:

Commitments are not promises —
they are **architectural choices** that build or break your future.
Choose only what your life can carry,
and your life will carry you.