

COMMITMENT TO A LIFESTYLE CHANGE

This Guide is provided to the workshop leaders, mentors, coaches, and participants as a means of understanding how one can come to a decision for a lifestyle change and act on it with confidence and assurance—that is Commitment. There are steps one takes that include with Vision and progress to Insight, then Acceptance and Integration of the concept, then Committing to Commitment. We will take you there . . . hang on to your seat!

1 - Insight

Define Commitment: We will begin to define it as expressed in the book *Inspiring Commitment* by Anthony Mendes (1996) p.13-20. “Commitment is a set of reliable, predictable, and dedicated behaviors that separate success from failure. . . *Decisiveness* is not commitment.” It is more than making a decision; it is sticking to it. It is not *ambition*; it is dedication. It is not *obligation*; it works inside and outside the concept of ought and reveals the self-motivation to see something through. It is not a *guarantee*; it requires perseverance in spite of mishaps, pitfalls, setbacks, and just plain challenges.

“Significant *internal* changes occur with true commitment, and sustained *personal* responsibility is an integral part of real success.”

Commitment is colored by: past experiences, past behavior, social culture, and present state of health

So, here is would be important to profile your view of the value of Commitment, so with Quitting Tobacco Use in mind, respond to the items in this survey. . .

The Commitment Factor Profile - Vision					
	Strongly Agree 4	Agree 3	Somewhat Agree 2	Disagree 1	
S					I have a clear vision of where I am heading with this commitment.
E					I can anticipate positive benefits of this commitment.
C					This commitment allows me to do something that is personally meaningful
T					I am committed for reasons important to me, not to satisfy others.
O					If I were to share my image or vision with another, we would have a similar picture.
N					
A					TOTALS Section Total:

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The Commitment Factor Profile - Insight					
	Strongly Agree 4	Agree 3	Somewhat Agree 2	Disagree 1	
B					What I have learned from my past experience enables me to carry out this commitment.
					There are things that I do to prevent old behaviors from getting in the way of my success.
					I know how to modify my habits to make this commitment last.
					I have a plan for dealing with barriers that interfere with this commitment.
					There are things that I do on a daily basis to keep this commitment alive.
					TOTALS Section Total:

The Commitment Factor Profile - Acceptance					
	Strongly Agree 4	Agree 3	Somewhat Agree 2	Disagree 1	
C					I willingly give up pleasures of the moment to gain something better in the long term.
					I am willing to face the fears, frustrations, and disappointments associated with this commitment.
					The rewards of this commitment are worth the sacrifices I make to keep it going.
					I recognize and value the small steps I take in achieving this commitment.
					Being committed in this area makes my life more satisfying.
					< TOTALS Section Total:

Spiritual Nugget:

Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass. (Psalm 37:5)

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The Commitment Factor Profile - Integration					
	Strongly Agree 4	Agree 3	Somewhat Agree 2	Disagree 1	
D					People observing my behavior can see that I am committed.
					I make positive statements to others about my success in this area.
					I believe I have the ability to keep this commitment.
					When it comes to this commitment, I do what I say I am going to do.
					I know what to do to be successful in this commitment and I am consistent in doing it.
					< TOTALS

PROFILE:

A – Vision	B – Insight	C – Acceptance	D – Integration	TOTAL SCORE

UNDERSTANDING YOUR SCORES

If your score in any commitment factor is:

- 0-8 You are low in this particular factor. It will be difficult to maintain your commitment if you do not improve in this area.
- 9-13 You are fairly low in this area, but you are doing some things right. Although you might feel committed at times, you need to improve this area to avoid setbacks.
- 14-17 You are fairly consistent in this area and will enjoy some success. There are, however, pitfalls of which you are unaware.
- 18-20 You are committed in this factor. This area is one of your strengths. Rely on it when the going gets tough.

If you Total Committee Score is:

- 0-24 You need to reconsider this commitment.
- 25-44 You will probably find it difficult to maintain your commitment. But this intervention can help you make the changes necessary for success.
- 45-64 You may have some difficulty maintaining your commitment, but pay special attention to where you scored the lowest.
- 65-80 You have an excellent chance of success!

2 - Vision

Visualize a lifestyle once Commitment goes into effect.

Create a mental picture of expectations that are realistic. Consider new life goals, short- and long-term goals: Effect on those you love and care about; Effect on your health, your future; Effect on the environment; Effect on finances. Think of the rewards.

There is a powerful psychophysiological connection (a mental/emotional drive that stimulates bodily action) occurring when we visualize/imagine our actions/behavior under circumstances different from the present personal experience. This is the effect of “mental rehearsal.” Self-knowledge is power. Recognize your personal characteristics.

Use your Insight of past experience to recognize challenges and plan for solutions to achieve success. Learn from those experiences to develop tools to negate discouragement, helplessness, and defeat.

Spiritual Nugget:

. . . if you want better insight and discernment, and are searching for them as would for a lost coin or hidden treasure, then wisdom will be given you and knowledge of God Himself; you will soon learn the importance of reverence for the lord and of trusting Him. (Proverbs 2:3-5, *The Living Bible*)

3 - Acceptance

Accept the realities: the things you don't have control over; focus on what you can control, keeping in mind the vision of the positive expectations. Committing to doing things differently is often the most difficult part of commitment. It calls for adaptation ability; it creates uncertainty with loss of the familiar. An attitude of resistance may arise from anxiety over change. That is natural among humans. Be alert to that possibility.

- Understand the personal impact of change and your own emotional responses
- Channel your energy in appropriate ways and recognize your responsibility in maintaining accountability, so that you are continually mindful of your goals and learned strategies
- Engage your sense of empowerment and believe in a positive outcome concerning your insights and vision of a “new you”.
- Create a social circle of positive enablers who will encourage your commitment and potentially check your step toward relapse to former behavior

Spiritual Nugget:

It is a trustworthy statement, deserving full acceptance, that Christ Jesus came into the world to save sinners, among whom I am foremost. (I Timothy 1:15, *NASB*)

4 - Integration

Now **Integrate** your goals—short- and long-term—into your daily routine under the new Commitment and re-organize your practices:

- 1) How you begin and end your day,
- 2) How you face stress,
- 3) What you do in the company of others,
- 4) How you break old habits, etc.

Those are some of the topics addressed in this program.

Expect a rise in self-esteem with each success in the change in your life. Be inspired to act on your positive desires, become motivated.

Spiritual Nugget:

Let this mind be in you which was also in Christ Jesus. (Philippians 2:5)

5 - Choice

But, what can you do about those emotions that rise. . . what do you do about them? Some individuals have no qualms about expressing their feelings and hope for/look for a listening ear. Thinking out loud and testing one's ideas for clarification and validation is a good way to process those emotions and gain further insight with respect to goals.

Others prefer not to express their feelings in detail, if at all. They would rather work through them privately. Because we all need validation to our ideas, there should be some outlet for self-expression so that progress toward goals can be achieved. Thus, the importance of a mentor and group discussions led by a knowledgeable and empathetic coach. In this environment the importance of the commitment can be re-evaluated and brought into greater light. Consequently, the role of negative emotions can be revealed in the context of success in reaching one's goal. And the social fellowship with the mentor and/or the social group can be appreciated for facilitation in achieving a positive outlook. It is important to consider these perspectives in these friendships, and even those long-time friendships in your history:

- What do people need of me in this relationship? What qualities/assets do I have to contribute to it?
- What do I need from them? Will they facilitate my efforts in this life change, or will they sabotage my efforts in some way?

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Commitment means more than following through on a promise, it must be maintained passionately and with consistency. It is more than an action of the mind as in decision-making, it is an action of the heart or soul that is extremely important to you for successful living. When you remind yourself at the dawn of each new day you are integrating . . .

Vision

Insight

Acceptance

Choice

Because you are a created human being loved by your Creator who knows you well and is aware of your needs for a successfully healthy life, He speaks to you through Scripture . . .

“Come to Me with a teachable spirit, eager to be changed. A close walk with Me is a life of continual newness. Do not cling to old ways as you step into a new year (or phase of your life). Instead, seek My Face with an open mind, know that your journey with Me involves being transformed by the renewing of your mind. As you focus your thoughts on Me, be aware that I am fully attentive to you. I see you with a steady eye, because My attention span is infinite. I know and understand you completely; My thoughts embrace you in everlasting Love. I also know the plans I have for you: plans to prosper you and not harm you, plans to give you a hope and a future. Give yourself fully to this adventure of increasing attentiveness to My Presence.”

(Romans 12:2; Jeremiah 29:11 expressed by Sarah Young in *Jesus Calling* (2004), p. 2, Thomas Nelson, Publ.)

This is a highly recommended daily devotional for individuals seeking assurance and peace.

Here is a quote from Charles (Chuck) Swindoll in his devotional book, *Wisdom for the Way* (2001) p. 103, Thomas Nelson, Publ.:

Now is the King eternal, immortal, invisible, the only God, be honor and glory forever and ever. 1 Timothy 1:17

Whoever is sovereign must have total, clear perspective. He must see the end from the beginning. He must have no match on earth or in heaven. He must entertain no fears, no ignorance, and have no needs. He must have no limitations and always know what is best. He must never make a mistake. He must possess the ability to bring everything to a purposeful conclusion and an ultimate goal. He must be invincible, immutable, infinite, and self-sufficient. His judgements must be unsearchable and His ways unfathomable. He must be able to create rather than invent, to direct rather than wish, to control rather than hope, to guide rather than guess, to fulfill rather than dream.

Who qualifies? You guessed it . . . God, and God alone.