Commitment

The Easy Way vs. The Hard Way - by Sgt. Steve

Do you say that you are going to do things then fail to follow through? Or, do you vow to abstain from a bad habit and find yourself doing it yet again? If this describes you, I'd like to suggest that you start committing the easy way, instead of doing it the hard way.

It's a little counterintuitive, but with us humans, it is much easier and way more sustainable to **100% commit** to something than it is to **99% commit**.

100%	99%
THE EASY WAY	**THE HARD WAY**
"I don't do that."	**"I'm going to try."**
In your mind, there is no condition under which you break the rule. It is do or die. The decision has already been made once.	You leave room to falter. That 1% difference contains excuses, exceptions, and constant temptation. You are forced to decide every single day.

EXAMPLE: THE CANDY BAR

Let's say you have a habit of buying a candy bar every day after work. You realize that it's a bad habit.

If you 99% commit: You tell yourself "I'm going to try to be healthier." That 1% will find you when you have had a bad day. It becomes an everyday decision and a constant strain on your willpower. You constantly have to ask, *"Is today the day?"*

If you 100% commit: You tell yourself "I will never buy a candy bar again." It takes a little willpower at first, but the decision is made. When you see it, you simply say, *"I don't do that."*

That 99% is a lot of work. Usually, once that **1% catches you slipping**, it's not long till you are back to chowing down every single day.

My advice: whatever you commit to, do it 100%. Don't do 99% and leave yourself an out, because you will find it.

Amor Fati,
Sgt. Steve