



# The Virtue of Commitment

Commitment is caring deeply about something or someone. It is deciding carefully what you want to do, then giving it 100%, holding nothing back. You give your all to a friendship, a task, or something you believe in. You finish what you start. You keep your commitments.

## *You are practicing Commitment when you:*

Think before you make a promise

Keep every agreement you make

Make decisions confidently

Go the extra mile

Give 100% to everything you do

Are faithful to people you care about

## *Affirmation*

I commit to my decisions. I keep my agreements. I give my all. I am a faithful friend.

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