

## The Foundation of Commitment:

Making a commitment and seeing that commitment through to the end, are two completely different animals. Your 'level' of commitment ultimately determines your level of success. Meeting a commitment requires determination, drive and a 'self imposed' will to win. Regardless of whether it is a business or a personal commitment, a commitment is a commitment. You will be known as a person that keeps their commitments, or someone who does not. The following steps outline a foundation for not only setting, but also more importantly, meeting your commitments.

- Commitments are easily made
- There are various levels of Commitment
- Making the commitment is just the beginning

Why, so many times, do people fall short of their commitments? Sometimes it's over committing, sometimes it's a 'light hearted' commitment, and sometimes they simply don't have the fortitude to see the commitment through.

There five basic 'truths' about making and seeing a commitment through to the end:

- 1) - Commitment starts in the heart: When you commit from the heart, you have a 'high level commitment'
- 2) - Commitment is tested by action: Talk is cheap; it's action that counts. You must make the move; action can be painful, but it is the only way to get out of the gate
- 3) - Commitment can be measured: Simply look at your calendar and/or your checkbook to measure your level of commitment
- 4) - Commitment requires discipline: There will be the pain of discipline, or the pain of defeat
- 5) - Commitment flourishes with public accountability: GO PUBLIC and you will have the incentive to follow through with your commitment. Fear of failure is a strong motivator...

Think twice before making a commitment... But when you do....

*Commit with your heart, build an action plan, measure your progress, stay disciplined and go public with the commitment...*

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