



Come,  
live in  
my  
heart  
and  
pay  
no  
rent.

Samuel Lover  
(1797 - 1868)  
Songwriter

A commitment shows up differently each time we make one. We promise to be true to our beliefs, to be faithful to our hopes, to continue to nurture our personal and shared dreams. When we commit, it's not so much a path in a forest, as a direction in an ocean. We know where we're headed, just not precisely how we'll get there. When we arrive, we are different as a result.

Commitment is a braid woven with many strands.

Commitment is part science. It is an experiment within ever-changing conditions. To commit, we need to know enough of the basic mechanics of collaboration to cope with the shifting surroundings we will face. We partner with those surroundings. We adapt with courage; we innovate with confidence. We pay attention to unintended impacts and correct as needed. Commitment requires observation.

Commitment is part art. It is a creation with ever-expanding possibilities. As we encounter that which is new, committing turns into creating. We allow intuition to direct our hands and instinct to guide our steps. We access emotional intelligence to help us meet novel challenges. Commitment requires imagination.

Commitment is part joy. It is adventure; it is curiosity. It is awe. Commitment allows us to let go of "should I do this" and dive into "look how I'm doing this!" Commitment entices us with surface happiness and often delivers deep satisfaction. We can come to know a type of fulfillment that simply requires time to ripen.

Commitment is a freedom-infused invitation to life.

*What have I learned from one of my commitments? What unexpected satisfaction have I discovered?*