

**Reclaiming your Dream: Redefining Commitment**  
~ Keri Coffman-Thiede, CPCC  
“Things which matter most must never be at the mercy  
of things that matter least.” ~ Goethe

Last year, I joined a “Living your Dreams in the Flow” coaching group which is a class focused on learning and applying success principles to attain our goals. In the first session, we each stated our 6 month goal and the leader, Stacey Mayo, then asked “What is your level of commitment?” All I could think was, why can’t I say 10!!!!? Now if she had asked, “What’s your level of WANTING this?” **10** would have jumped out of my mouth. But I found myself tripping over the word commitment ~ what IS that?

The very word commitment conjures up feelings of dread and fear of missing out on other options, cutting ourselves off from other possibilities. We’re also taught commitment involves making ourselves do things we don’t want to by sheer force of will. It’s struggling to persevere...“QUIT” is a four letter word.

After considering this for a few weeks, I came to my own realization of what commitment is. Commitment is a decision to honor your deepest truth(s). When I have a commitment to something or someone, I have a sense of *knowing* that this relationship, this goal, this desired achievement, or action honors who I truly am and what matters most to me. The spirit of true commitment shouts, “THIS is so me! It’s who I am and what I’m up to in this world!” It sweeps us into action, driven not by will but by a spirit of enthusiasm and purpose.

Commitment is an essential step in reclaiming your dreams, goals and desires. The dream relationship, the dream job, the dream lifestyle...whatever your dream, it calls you to claim and own your **own** knowing of who you are and what you’re up to in this world. The spirit within you will guide you to claim for yourself what is truly you and yours to be and do. Feel it’s gentle coaxing that draws you toward the things in life that make your spirit shout, “YES! This is so me!” Follow this spirit. The life you desire and dream of is claimed in this way.

Recommended actions for this month:

- 1) Notice your thoughts, word and actions that make you feel good. Think, say and do these things daily.
  - 2) This week reorganize your schedule to align with this quote: “Things which matter most must never be at the mercy of things that matter least.” ~ Goethe
  - 3) What do you know about you? How will you honor this about yourself this week?
  - 4) Make a list of your goals and priorities. Identify the commitment behind the goal by answering, “What about the goal makes me say, ‘This is SO me!’” If there isn’t anything, create a new goal that does excite your spirit and feels true to who you are.
- Choose at least one action now, commit to doing it this week and feel free to email me what you learn. Enjoy!

For a coaching session to deepen your learning and experience of applying this to your life, contact Keri Coffman-Thiede, owner of Amaze Yourself Coaching, phone: 608-592-1765 or email [amazingu@merr.com](mailto:amazingu@merr.com). Website: [www.amazeyourself.net](http://www.amazeyourself.net)