

Commitment Self Reflection



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"The biggest
commitment
you will make in
your life, is your
commitment to
YOURSELF"

Neal Donald Walsh

Why commitment is the key to growth and spiritual expansion.

It is often assumed that courage is what is required for growth and spiritual expansion, however our ***courageous spirit*** can not be tapped until we have first made a **conscious commitment to prioritize time with ourself each day.**

The 4 C's of unwavering self confidence.

Here are the four steps required to create breakthroughs and adapt new behavioural patterns, beliefs and behaviours.

Commitment:

First, you have to take a leap of faith and really commit to what it is you desire to manifest in your life. Without a foundation of commitment, courage, expansion and growth can not take root. Without commitment you will always be pulled away from what it is you want, desire and love.

Courage:

Most people admire courage in others but don't like the experience themselves. In fact, this crucial step feels awful. You've committed yourself without having any proof that what you desire is going to unfold. It's ok to let yourself feel the fear. When you have a daily practice, you are reenforcing your self connection and commitment of self love every single day, this is what combats fear and fuels your courageous spirit.

Capability:

Think back to a time you experienced a breakthrough...Wasn't it the combination of making a commitment and going through a period requiring a lot of courage that created both the new capability and a new level of confidence?

Confidence:

The new level of confidence you experience after a breakthrough, is what naturally encourages more spiritual growth and expansion, while embodying an even greater sense of unwavering self confidence, self worth and self love.

This process repeated over and over, is the definition of spiritual growth & expansion. Committing to spending 30 minutes (minimum) with yourself each day for self connection and inner reflection is what feeds our courageous spirit and positive energetic flow in our life.

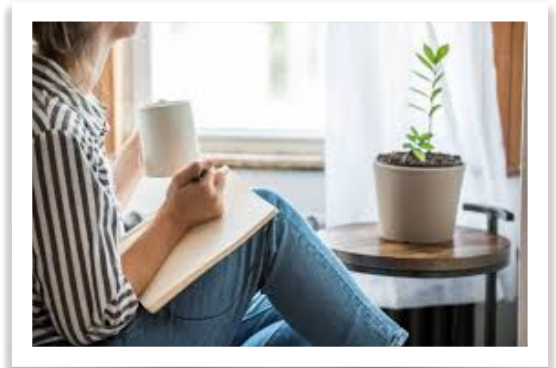
The 4 C formula developed from the teachings of Dan Sullivan, The Strategic Coach presented by Grace Love Peace.



Commitment Self Reflection.

*Self reflection journaling questions to get to a state of **'clear thinking'** so you can genuinely anchor to your commitment to sacred self connection each day.*

- What is the greatest commitment I have made in my life to date?
- What beliefs and internal thoughts keep me anchored to that commitment?
- What comes up for me emotionally when I think about consciously choosing to putting my needs first? *(Use the feeling wheel to help navigate this if you need to).*
- Do I feel any fears or resistance coming up around making a commitment to spend time with my self each day?
- What might be possible obstacles that could get in my way of honouring my sacred self connection each day?
- Where in my home would I like to carve out my sacred self connection time?
- What would be the best time(s) of the day for me to have my sacred self connection with myself?
- How would I like to spend my time of sacred self connection each day?
- What do I need in my physical space to feel safe, comfortable, uninterrupted or distracted so I can be fully present with myself during my sacred self connection time?
- What would I like to do physically, mentally and emotional to fully disconnect from my surroundings and fully connect with myself during my sacred self connection time each day?
- Do I feel comfortable to speak up and ask for help and support from those I need to, to help me implement this commitment of sacred self connection time with myself each day?



Now, from a place of *'clear thinking'* and *authentic self connection*, you can create your personal commitment vow in a meaningful and heart centred way.

Creating Your Personal Commitment Vow:

*Making a commitment vow to yourself from a place of **clear thinking** unifies both the conscious and sub conscious mind, which supports and helps anchor new behaviours, beliefs and sense of belonging in yourself.*

You can compose your personal commitment vow any way you feel called to do so.



Pre-scripted statements don't tend to connect with your hearts truest desires, needs and wants as deeply as crafting your personal commitment vow in your own words, and in your own way.

Your personal commitment vow only has to resonate with you. It can be as simple or as elaborate as you choose to make it.

Compose it in positive, present tenses (not future tenses). It can be a letter to yourself, a written statement, a prayer of commitment, a mantra, a rhyme or a pome. I have even witnessed individuals compose a short tune they can sing to themselves. Do what resonates the best with you.

Speaking your self commitment vows out loud unifies your conscious intent and your subconscious mind. When your subconscious hears your own voice make a proclamation, it engages more deeply than internally reading it to yourself.

Your commitment vow may change and evolve over time. As you now know from the 4C's it is commitment alone that fuels your courageous spirit, create new capabilities, to instils a deeper sense of confidence in what we love, how we feel, what we believe and our sense of belonging.

Suggestions to support your sacred daily connection.

Once your sacred daily connection time is an ingrained habit, you will be able to drop into that space any where you choose to. Yet, until you fully establish the behaviour, it is a great idea to consciously create space for the new behaviour to become second nature. You can do this by:

Asking for the support you need:

- Make the time to have a discussion with anyone in your life / living situation that you need to ask for support and discuss your plans for daily sacred self connection with. Let them know what you need and how they can support you.

Do what you need to limit distractions.

- Turn off notifications / activate do not disturb on your electronic devices for that period of time.
- Put a door hanger on the door to let others not to disturb you until the door hanger is removed.

Create a comfortable space:

- Have what you need, journal, paper, pen, emotional feeling wheel.
- It's a great idea to keep these items in a nice bag or storage bin. In case you want to move out side or into a different space in your home.
- Surround yourself with things that sooth your senses, a candle, a blanket, a cup of tea. This is your daily date with yourself - treat it as such.



Just go with the flow:

some days you'll feel fully engaged, and other days it may be more challenging to be present with yourself. Agree to have no rules, no criticism and no judgment around this sacred time with yourself. On some days, just pausing to sit still, have a cup of tea, rest your body and gather your thoughts can be the most loving act you can engage in. At other times you may want to walk in nature and sit under a tree to do your journaling. Do what calls to you. This is your time.

The most important thing to remember is: your sacred self refection time is not about digging around in old wounds and past hurst. It is about regulating your emotional sate of being in the present moment in relation to what is playing out in your day to day life. By focussing on the present moment, stagnate emotion, past behaviours and old beliefs that no longer serve you, dissolves and creates space for Clear Thinking, so authentic Divine Guidance can flow to you and you can sore with a Winged Ego above the chaos of day to day life.