

# OWNING UNCONSCIOUS COMMITMENTS

## Step 1

Write down a list of 3 issues that you have been wanting to shift in your life that have not shifted.

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*Examples: My CFO is ineffective in his role.  
I'm still 30 pounds over the weight I want to be.  
My staff doesn't give me the feedback I want.*

## Step 2

As a creator of your life, claim each issue as a result of your commitments by beginning each issue with "I'm committed to." Say these statements out loud until you feel yourself fully own them.

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*Examples: I'm committed to having an ineffective CFO.  
I'm committed to weighing 30 pounds more than I say I want.  
I'm committed to not getting feedback from my staff.*

## Step 3

How do you create these results? What do you do or not do, feel or not feel, say or not say, believe or not believe to create these results? Write a full description for how you create it the way it is. There is a recipe you follow. What is it?

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*Examples: I don't give my honest feedback to my CEO, I'm afraid to have conflict.  
I overwork and don't give myself time to exercise, I deny how many calories I consume.  
I argue instead of listen when I get feedback, I can blow up if I'm challenged.*

**Step 4**

What do you get to avoid?

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*Examples: I get to avoid the deep sadness of no longer working with my friend.  
I get to use food to numb and avoid my pain about my recent divorce.  
I get to avoid my vulnerability.*

**Step 5**

How is this unconscious commitment serving you?

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*Examples: I'm overwhelmed in other areas of my life and don't want to add more pressure.  
I'd rather use my time to build my startup than change my weight.  
I don't want to be challenged right now and prefer not to get feedback.*

**Step 6**

After you recognize the payoff and how the issue serves you, decide if you want to change the commitment. If so, simply do the opposite of the current recipe you are following.