



breakthrough

Declaration of Commitment, Big Bold Promises

Have a vision that will call you through the pain of transformation.

The moment has arrived to take the value you generated in the Breakthrough Training into the rest of your life. It is only in committing yourself to a vision that's bigger than who you are right now that'll support you in sustaining the initiative towards the transformation begun this weekend.

Pick one thing in your life that has the potential to change the entire trajectory of your life. This is not the time to play it safe, think small, and act in scarcity. **Be bold.**

Applying the principles and practices you engaged during the training is key to you becoming the person you saw possible during the training. This is the only way to have the impact you desire to have. Like we saw during the weekend, it's not about what you know—it's about **declaring** who you are committed to **being** and then **doing** things and **taking actions** that are congruent with the declaration **until your commitment turns out (have).**

Here are some simple guidelines in making a powerful declaration, along with some details.

Do:

- ➔ Use language of commitment such as "I will, I commit, I promise, I declare."

Don't:

- ➔ Use words such as "want to, hope to, try to, like to", etc.
- ➔ Be general and vague
- ➔ Leave out accountability.

Step One: Be content specific.

The more **specific**, the more power it holds. **I declare I'm committed to open up deeper intimacy with _____ (my spouse).**

Step Two: Be time specific.

Have a "**by when**" in place. **I will talk with _____ (my spouse) within one week about how we can introduce more intimacy in our marriage.**

Step Three: Build in an accountability factor.

Be **accountable** to someone for it to come to pass. **I will ask my friend _____ to stand as someone to whom I will be accountable.**

Step One

Content Specific (State your declaration in a specific manner)

Step Two

Time Specific (Make sure you include the start and/or completion time)

Step Three

Build in Accountability (Who will you account to? It's your commitment, not theirs, but if you enroll them into being your accountability, it'll infuse the declaration with more power.

Here is how that more powerful declaration may sound all put together:

- ➔ *I declare I'm committed to open up **deeper intimacy** with _____ (my spouse).
I will talk with _____ (my spouse) within **one week** about how we can introduce more intimacy in our marriage, and I commit to developing a specific plan with him/her to consistently support greater intimacy.*
- I will ask my friend** _____ to stand as someone to whom I will be accountable.

This format can be followed for whatever the declaration is:

- ➔ *I declare I will make a difference in my community and will launch my non-profit (or business, or write my book, or whatever) by _____ (insert month) of _____ (insert year). By (two months from now or next week—insert date) I will have investigated what requirements and resources I will need in order to have it happen.*
- i** You may need to identify **sub-steps** to accomplish your vision. e.g. I will research what credits I will need to achieve my Masters degree by next month. I will also inquire into tuition costs and what financing options, loans, or grants are available to me by _____ (insert date).

Now, write out your declaration and make sure all the elements are present—including the “Do’s and Don’ts.”

I Declare...