

# The Power of Commitment: Getting Going and Daily Thoughts



## Creativity: POWER OF COMMITMENT: Getting Going! Daily Thoughts! by Morwenna Assaf

★★★★☆ 4.3 out of 5

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Commitment is the key to success in any area of life. Whether you want to lose weight, get a promotion, or start a business, you need to be committed to seeing it through. But commitment is not always easy. There will be times when you want to give up, but if you can push through those tough times, you will eventually achieve your goals.

## Getting Going

The hardest part of any goal is getting started. Once you take that first step, the rest becomes much easier. But how do you get started when you don't know where to begin? Here are a few tips:

1. **Break your goal down into smaller steps.** This will make it seem less daunting and more manageable.

2. **Set realistic deadlines for each step.** This will help you stay on track and motivated.
3. **Find a support system.** This could be friends, family, or even a coach or mentor who can help you stay accountable and motivated.

## Daily Thoughts

Once you have a plan in place, it's important to stay motivated. One way to do this is to focus on your daily thoughts. What you think about yourself and your goals will have a big impact on your success. Here are a few positive thoughts to keep in mind:

- I am capable of achieving anything I set my mind to.
- I am strong and resilient.
- I am worthy of success.
- I am grateful for the opportunity to pursue my goals.

It's also important to be realistic and to accept that there will be setbacks along the way. When you experience a setback, don't give up. Instead, learn from your mistakes and keep moving forward.

Commitment is not always easy, but it is essential for success. If you can commit to your goals and stay motivated, you will eventually achieve them. Remember to break your goal down into smaller steps, set realistic deadlines, and find a support system. And most importantly, focus on your daily thoughts and keep a positive attitude.

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