

# Commit

## *Commit, focus, and let go.*

Before you can do something well, you have to focus on it, commit to it, and let go. In the letting go is the success.

Some examples might help you to understand and know the difference.

A typist has to let the finger go and the typing is usually correct or correct almost all the time. But, if they struggle, worry, and hesitate, the typing has far more mistakes.

A golfer has to commit to the swing, and then let go and let it happen. If the golfer fears a mistake and tries to control the swing all the way it usually ends up to be a bad swing.

Some things you do almost automatically knowing you can do them. But, if worried, or if you try to control it, then it does not work as well. A professional athlete can do something most of the time but then chokes when it counts. They did not let go.

When we do anything we have to learn the right way and practice. We also have to commit and let go. Our subconscious does a better job in the doing than our conscious. Once our sub conscious knows what we want to do it can take over and do it better than our conscious mind can.

Can you walk a 10 foot plank one foot wide on the floor without falling off? Most can easily do it. We know how to walk and, for the most part, it is subconscious. Put that same board between two ten story buildings. Now, can you walk across it? No. Most can't. The conscious mind takes over, instills the fear and doubt, tries to control the walk and the chances of success are greatly reduced.

To succeed you must commit and let go. You need to know you can do it, and to allow your subconscious to do it. It is that simple.

Some people call it being in the zone. It just works and works well. It is getting out of our own way, letting go, releasing the fear, the doubts, and the second guessing.

In anything we do, to do it our best, we need to commit and let go.

Some of the greatest speeches that have aroused so many of us are when the speaker lets go, and lets the words and emotions flow. It is no longer reading words, it is feeling them, knowing them, and expressing them from within where the emotion, the power, and the knowing is. We can all tell the difference. Some call it speaking from the heart.

Stop and reflect on when that has happened to you. You will know when it did, and what the feeling was. Always, it's a good feeling. That is how we should try to live our lives in all that we do. If we can, or the more we can, the better the results will be for us, our families, and our communities. Try it. Commit and let go. You'll be pleasantly surprised.