

TRY vs COMMIT

To say “I’ll try,” is to say, “I probably can’t”.

Don’t try, commit and do it. Just keep doing it until you do it.

When someone tells you they will try, they are not speaking with commitment or confidence. They are setting themselves up for failure. Sure, they may try, but if they don’t believe they can do it, they are not likely to do it.

Remember when you decided to try something, half heartedly feeling you might not be able to do it? Did you do it? If you did, you surprised yourself. Most often, you don’t do it. That’s because you did not commit to it.

To try is to make an attempt. It does not mean you’ll do the work necessary to succeed, that you’ll practice, and that you truly want to do it. It’s half hearted. If it’s half hearted, you are not likely to put the time and effort into succeeding. It takes time, effort, and commitment.

How do you feel when you make a commitment? Like you must do it? You must keep your word? Sure, we all do; and when we commit, we do whatever we can to keep the commitment. I know I feel satisfied when I finish the commitment. How about you?

There is an old saying, “*Don’t tell the world what you are going to do, show them.*” It’s good to live by. However, it is good to have someone, be it a spouse, friend, or accountability coach, that you do tell them what you are committing to and report on your progress. Having made the commitment to someone else, they will give you the reinforcement needed to succeed when it gets tough.

If we commit to another, we are more likely to get it done. It’s that simple. The commitment gives us the energy to do it. No one wants to tell another person that they did not do what they made a commitment to do.

Once you fulfill a commitment, there is great satisfaction. There is also motivation knowing you can do it, and you are more likely to make another commitment. All of these commitments lead to progress and a fulfilling, exciting, adventurous life.

Life is for the living, and living is doing and accomplishing. A busy day with things to do is exciting and goes by fast. A day with nothing to do drags.

When you were a little kid, you committed to walking and did so. Sure, you fell often, but you committed to walking and did so. Kids make thousands of commitments when they are young. They do it. It’s only as we get older that we get afraid and think we can’t. As a kid, you knew you could, and you did. Be a kid, know you can do it. You already have. Continue. Commit and do.