

Renew Your Commitment

Many couples find that renewing their commitments from time to time gives them a new perspective on the relationship. We have a large collection of thank you notes from people who have used the principles of commitment in our earlier books as the basis of ceremonies they've created. Here are some of the specific commitments they've used for renewal.

Exploration

Read through the following commitments and check the one that you would like to incorporate more deeply into your life and relationships right now.

- _ I commit to knowing myself authentically and completely. I commit to regarding every interaction as a learning opportunity. I commit to letting go of any of my defensive postures that inhibit rapid learning.
- _ I commit to expressing myself authentically, and to being an opening in which others can express themselves authentically.
- _ I commit to the masterful practice of integrity, including acknowledging all key feelings, expressing the unarguable truth, and keeping my agreements.
- _ I commit to taking full responsibility for my feelings and the circumstances of my life, and to being a catalyst for others taking full responsibility. Specifically, I take complete responsibility for my physical, emotional, and psychospiritual well-being.
- _ I commit to the full embrace and expression of my creativity, and to being a catalyst for the full expression of others' creativity.
- _ I commit to living in wonder.
- _ I commit to living in essence while acting impeccably in the world.
- _ I commit to ease and flow in all aspects of my life.

Say the sentence you chose out loud while moving your wrists and elbows playfully until you feel in harmony with the chosen commitment in your body-mind. Then take a few relaxed, easy breaths.

Action Step

Write this Question for Reflection on each page of your personal daily schedule for the next week.

What am I doing in the gap between the opportunity to commit and the act of committing?