

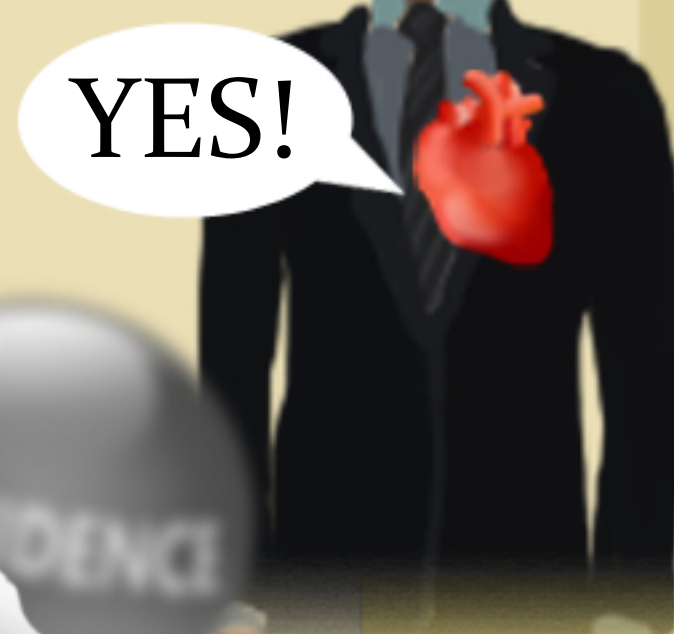


5 SIGNS OF READINESS TO MAKE A COMMITMENT

THE SEVEN TRAITS OF INFLUENCE

Fear Of Commitment?

Fear of commitment may mask a desperate desire for closeness, responsibility, or obligation. A person whom you believe fears commitment, may be actually starving for it.



1 Won't Feel Like a Burden

- Make your passion your life's work
- Find desire in your relationships
- You are eager to move forward
- No nagging objections

2 Aligned With Your Core Values

- Commitment comes easily when it supports your values
- You have to truly believe in it
- If no alignment with core values you're riding on a roller coaster
- Needs to be in sync with your integrity

COMMITMENT

Benefits of Making a Commitment:

- Gain clarity
- Provides sense of security
- Improves ability to spot opportunities
- Increases focus
- Provides purpose
- Impetus to take risks

3 See Commitment as an Honor

- No hesitation or analysis-paralysis
- Your heart says YES
- Your mind agrees with your heart
- There is a sense of dedication

4 You Will Be Noticed

- People who matter won't judge you
- Others will support and admire you
- People respect you doing what's right for you

5 Experience a Good Tired

- Fulfillment of a job well done
- Exhaustion from digging deep into your inner being
- Major accomplishment of goals
- You wake up ready to start again

