

# VANESSA LODER

---

## **Commitment Statement Tool**

Making a Commitment Statement is a powerful way to set a clear intention of where you want to go. It will also support you in moving through fear and resistance, which you're bound to encounter on your journey to creating work you love.

### **Why Make a Commitment?**

Change is not easy. It's human nature to resist change. Our brains are hard wired to protect us, and it's in our nature to fear change. Anyone who has ever accomplished anything lasting with her life was very scared before she achieved it.

Here's the good news - if you are truly Committed to achieving something with your life, and I mean TRULY Committed, then the universe will conspire to provide that thing for you.

Have you ever had an experience where things just seemed to work out for you and you got exactly what you wanted? When you make a big Commitment to creating something in your life, in addition to all the effort that you put in, outside forces inexplicably come to your aid to help manifest whatever it is you're trying to create.

**I'm not exaggerating, miracles will happen.**

The trick is to be truly Committed, trust the process and the rest will take care of itself.

### **How do you become truly Committed?**

The first step is to get clear on exactly what you want to commit to. One easy way to do this is to create a Commitment Statement.

Complete the following exercise to come up with a Commitment Statement and then make that statement your mantra for the next several months. Say it in your head at least 3 times while breathing in and out slowly each night before you go to sleep and every morning when you first wake up. This will enable you to more fully embody your commitment.

### **HOW TO CREATE A COMMITMENT STATEMENT**

A Commitment Statement starts with the words "I commit to...." and is always stated in the positive, i.e. "I commit to eating foods that are healthy for my body" rather than; "I commit to not eating any junk food."

A Commitment Statement is also stated in the present tense, not future.

Lastly, your Commitment Statement will be more powerful if it uses action verbs such as "savoring" "enjoying" "discovering" "loving" "celebrating" rather than "being" "having" or "becoming."

# VANESSA LODER

---

For example, “I commit to exploring my creativity and discovering meaningful work” is more powerful than “I commit to becoming creative.” The word “becoming” implies you’re not quite doing it yet.

Here are some example Commitment Statements for inspiration:

- I commit to creating work I love
- I commit to following my heart and intuition for six months to create work I love
- I commit to launching a new business that is profitable and scalable
- I commit to my full creative expression and to inspiring the full expression of others
- I commit to loving my work and making plenty of money doing it
- I commit to opening myself up to receive work I love
- I commit to learning from my mistakes and using them for inspiration

As you’re making this Commitment, don’t worry about *how* it will unfold, simply focus on *what* you want to create.

Most people avoid making a commitment because they want a guarantee before they’re willing to commit. Unfortunately, that’s not how it works. We often have to commit FIRST before we know how it will happen, and before we have any guarantee.

Once you’ve chosen your personal Commitment Statement, write it out on an index card or post-it note and put that card on your nightstand. Read your Commitment Statement at least three times every night before you go to bed, and again every morning when you wake up.

## **Embody Your Commitment**

Take at least 10-15 minutes for this exercise. Start by reading your new Commitment Statement out loud 2-3 times. Then, do one of the activities below for 5-10 minutes to raise your vibration.

After you’ve completed the activity below and notice your energy rise, repeat your Commitment Statement one more time and ask yourself out loud; “hmmm, what is one action I can take in the next week to move towards this Commitment?”

See if you can allow the answer to come to you rather than forcing it with your mind. As you put yourself in a relaxed or high vibration state, you may be surprised by the answer you receive.

Write down your answer as an Action Step with a “What” and a “By When,” and complete that Action Step in the next week.

Suggested activities:

- Find a quiet space where you can sit in silence and meditate or take 3-6 deep breaths
- Walk in nature
- Take a bath
- Dance around to some fun music you enjoy
- Lie on the floor and listen to music that relaxes you and brings you joy

# VANESSA LODER

---

**Here are a few tips to remember as you move forward.**

## **1. Repeat your Commitment Statement often**

To reinforce your Commitment, it's important that you review your Commitment Statement often. The more the better. As mentioned above, I recommend writing it down on an index card and keeping it on your nightstand. That way you can read the Commitment Statement every night before you go to sleep and every morning when you first wake up. The last minute before you fall asleep at night stays in your subconscious mind for up to FOUR HOURS while you're sleeping. This means that reading your Commitment Statement just before bed is a great time to reprogram your subconscious mind with what you most want to create.

## **2. Take Action**

After creating your Commitment Statement it's also very important that you take action on it TODAY. Even if it's a very small action, any action will start to propel you in the right direction. Think of one action step you can take right away towards this commitment and take that action in the next 24 hours.

## **3. Re-Commit**

We're only human and we all slip up now and again. Equally important to making this commitment is your ability to re-commit when things don't go as planned. There will be times when you'll forget, veer off course or simply decide it's not worth it. These are the times when it's most important to remember your commitment and choose to re-commit. Repeat your Commitment Statement and create a new action step you can take to re-commit when you notice yourself off course.

Most importantly, remember that whenever you make a Commitment, you're telling the Universe that you're ready for something different, and in doing so, you're taking the first step to creating that new reality. You're already well on your way by reading this now. 😊

Let your Commitment lead you and you can't go wrong. Enjoy!

I'd love to hear how it's going with your Commitment Statement, feel free to send an email to [info@vanessaloder.com](mailto:info@vanessaloder.com) with your Commitment Statement and any questions or stories you have about it.