

A person in a red jacket and dark pants stands on a large, mossy rock peak. In the background, there are majestic, snow-capped mountains under a clear blue sky. The foreground shows some green vegetation and more rocks.

# My Commitment to Excellence

Discovering the best in yourself requires a commitment – a commitment to increasing your awareness, taking stock of your strengths and weaknesses, your opportunities and your threats, and defining your missions and vision – even detailing the legacy you want to leave behind.

As you craft your goals, detail your plans, and optimize the time spent pursuing excellence, when fully engaged in the day-to-day work moving towards your most valued objectives, it's important that you hold true your “why” – your purpose for pursuing your best self – and your commitment for doing so.

As you begin this journey through the Finding Your Flow Toolkit, it is important that you define your “Commitment to Excellence” and keep it close to you – to remind you what it means to take your performance arenas and life to a new level. To begin, answer the following questions:

1. How do you define personal excellence?

2. What does personal excellence mean to you?

3. When demonstrating personal excellence what does it look like? What does it feel like?

4. Which of your current life arenas needs a greater level of personal commitment?

5. Are you willing to identify and work on the gaps that keep you from taking your game to the next level? If so, why is this important?

6. Are you willing to push beyond your comfort zone to seek a new level of performance and influence? Explain why.

7. How might this commitment to excellence impact you? How will it influence others?

What is your commitment level to achieving excellence?

1 2 3 4 5 6 7 8 9 10

Ponder these questions and keep in mind the thoughts, images, and feelings that will drive, direct, and influence all of your most important life goals and ambitions.

I \_\_\_\_\_ do commit to completing all of the Finding Your Flow Tools, exercises and practices within this series. I recognize that these tools are designed to help me influence myself to peak states of performance, flow, and personal excellence. I know the work is mine, and mine alone. Therefore I declare, with full intent, to pursue excellence in all that I do so that I may discover my complete and full potential and help others do the same.