

DAY 24: COMMITMENT

I want you each to think about those things you committed to accomplish this year – those four goals you set for yourself and the school. Being committed to those goals means when the hard times come, we don't get to give up because those things are important enough to us that we know we can't just give up or go back. I read this story in a book called "Whistle While you Work," it is about not going back:

I was privileged to go on an Outward Bound trip to Africa, something I had wanted to do for a long time. We literally were walking through the heart of Africa on our journey. It was a route we probably should not be taking, but the group wanted to push the envelope. So we found ourselves in full backpacks walking along the eastern edge of the Serengeti Plains... to the Ngorongoro Crater where we will meet the truck that dropped us off several days ago. The route is unfamiliar to our Masai guide, and so we are unsure what lies ahead and nervous about our limited water supplies holding out. The sun is brutal. Animal sounds are everywhere and we are all on edge as we walk through tall grass that obscures our view beyond more than a few paces.

Suddenly, one of my team members freezes – then sits down heavily. As I kneel down to him, I see he is trembling. "What's wrong, Tom?" His eyes are huge. "Lion," he whispers, pointing in the distance. I cannot see anything, but, given the grass, this is not surprising. Still unable to see anything, I try to get Tom to move – to catch up to the group. He is paralyzed with fear. Finally, I leave him and run to fetch Derek, our group leader. He sits next to Tom, "What is it, old Chap?" He shakes his head and says, "This is insane. It's too dangerous. We shouldn't be here." Derek nods, "But we ARE here. Now the only thing to do is plunge ahead." Tom shakes his head again, "No way. I'm not going. I'm going back." Derek sighs, "There is no back, Tom. Our camp is back three days, and the truck isn't there anymore. It is waiting for us up ahead." Tom continues to shake his head, "I just want out now. Out of this. Right now." Derek smiled, "You can't get out; there is no out. This is what it is." The group has now gathered around, worried what will happen to Tom, and what will happen to us if we continue to sit here in the grueling sun. Derek looks up at us all. "In Outward Bound we have a saying, 'When you can't get out of it; get into it'. We have no out folks, so we might as well get into the experience and give it all we have." This became our mantra for the rest of the trip, whenever we encountered difficulties. I often think of the saying in my life – when I just want to chuck it all. But there is no getting out of life, so I might as well just get into it.

So, as much as we might just want to pull the covers over our heads and skip the rest of the dares, we can't do that. We have made commitments to our schools, our friends and ourselves. There is no "back" to go to. So come on, let's just get into it!

REDEDICATE YOURSELF

Which of your four goals is proving much harder than you expected? Which are you tempted to drop? Think about this goal – why did you set it in the first place? Get out a piece of paper and write all the positives that will happen if you complete the goal. What will happen that is negative if you don't complete it? Recommit yourself to this goal – call your accountability partner today and ask for their help in keeping you on task for reaching this one.

"Start by doing what is necessary, then what's possible and suddenly you are doing the impossible."
- Saint Francis



RECOMMIT YOURSELF

LOOK BACK AT DARE 4 AND EVALUATE YOUR PROGRESS TO ACHIEVING YOUR ORIGINAL GOALS FOR AT SCHOOL AND HOME. RECOMMIT TO CHOOSING TO MAKE THESE A REGULAR PART OF YOUR DAILY LIFE.



DAY 24: COMMITMENT

DAY 4: COMMITMENT

Commitment is defined as “sticking to your choice.”

Commitment to servant leadership requires a passion for doing what you say you are going to do, following through on promises and finishing what is started. It is a passion for doing the right thing and being the best you can be. It requires a passion for helping others along their journey to being the best they can be.

- *The World's Most Powerful Leadership Principle*, by James C. Hunter

You know about this one already. Just do it.

COMMIT TO CHANGE

This year at school what commitments have you made? What goals or changes have you wanted to make in yourself? What strengths did you discover about yourself this year? What areas need more development? Capture two or three goals for yourself. What are you willing to commit to? What steps will it take to reach those goals? Add one or two goals that you have from other parts of your life (a goal for a specific class this year, a goal from a sport – like making varsity, or a goal about college – like getting into a specific college.) Don't have more than four goals total – these are hard. Write them down on this piece of paper.

Pair up with someone in your class and share these goals. This person will be your accountability partner for the rest of the dare and potentially the rest of the school year. Meet with this person regularly throughout the school year (every other week is a good number) and hold each other accountable for doing the hard stuff that will enable you to reach these goals. Support one another via text messaging, social media etc...





commit to *change*

MAKE ONE GOAL FOR SCHOOL AND HOME THAT WOULD HELP YOU BE MORE CONSISTENT IN MOOD AND ACTION.



DAY 4: COMMITMENT