



Let's talk about commitment

Commitment is the way to go. If you commit anything less than 100% of yourself to a goal, you are making it SO MUCH harder for yourself to achieve your goal! Here's why 100% commitment is always the way to go.

Think about the Olympic athletes who dedicate their lives to achieving greatness in their sport. Their journey is defined by relentless training, discipline, and an unwavering commitment to their goals. They push beyond limits and overcome setbacks, all in pursuit of their dreams.

When you think about the dreams you want to achieve in life – the person you want to be, the values you want to uphold, the experiences you want to have – how committed are you to making those dreams come true?

Your answer to that question will determine your level of success.

Total, unyielding commitment is the only guaranteed path to manifesting your dreams. The only thing separating the people who achieve their goals from those who don't is that the achievers never give up.

What are YOU committed to achieving?

This week, I encourage you to spend some time thinking about the goals you dream of achieving in your life.

Consider the dedication and perseverance of Olympic athletes, who devote themselves entirely to their sport.

Then ask yourself: *exactly HOW committed am I to achieving these things?*

If your answer is anything less than 100% – and those goals are important to you – NOW is the time to make them your top priority and commit yourself completely to achieving them.

Ask yourself: what's stopping you from giving yourself fully to your dreams?

Then do whatever you can to overcome that obstacle and free your attention and energy to focus on your goals.

Do not fail to make up your mind, focus yourself fully on your dreams, you will be amazed to discover how much easier it will be for you to make them a reality! Become relentless, and exercise Relentless effort. Be determined and make persistent attempts, without interruption, even if it's unpleasant or cruel.

That's why today I'd like to share one of my most powerful success principles that will help you cultivate the kind of commitment you need to achieve any goal you can imagine. Reach out to me by booking a free strategy call today!

To your relentless success,

Dr. June L. Bourke, Spiritual Life Coach

Let's Connect

jlbourke54@gmail.com