

THE COMMITMENT OLYMPICS

**A Goals Training Workshop Designed to Take
You From Trying to Commitment**

The Workbook

~Calbos Coaching International~

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Page 1 ~ Be, Do, Have, Feel

- ◆ What is it that you want to BE? WHO do you want to be?
- ◆ What is it that you want to DO?
- ◆ What is it that you want to HAVE?
- ◆ What is it that you want to FEEL (experience)?

Page 2 ~ Top 3 Goals

- ◆ What are the top 3 goals that you have previously decided that you **MUST** accomplish? Head AND Heart engaged in these?

- ◆ _____
- ◆ _____
- ◆ _____

- ◆ Are these areas where you have **DEFINITELY** been trying to produce a result but haven't been successful?

Page 3 ~ Desire & Commitment Ratings

◆ Write the top 3 goals here:

1. _____

◆ Desire Rating: _____

◆ Commitment Rating: _____

2. _____

◆ Desire Rating: _____

◆ Commitment Rating: _____

3. _____

◆ Desire Rating: _____

◆ Commitment Rating: _____

Page 4 ~ Current Level of Performance/Achievement

◆ Write the top 3 goals here:

1. _____

◆ Current level:

2. _____

◆ Current level:

3. _____

◆ Current level:

Page 5 ~ Goal Prioritization Absolute Necessity

- ◆ Goal # 1:
- ◆ Goal # 2:
- ◆ Goal # 3:
- ◆ The only “remaining goal” is my sole priority.
Here are 4 reasons why it is absolutely critical that I accomplish this goal:

- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____

Page 6 ~ Goal #2

Absolute Necessity

- ◆ Goal # 2: _____.
- ◆ 4 reasons why it is absolutely critical that I accomplish this goal:
 - ◆ _____
 - ◆ _____
 - ◆ _____
 - ◆ _____

Page 7 ~ Goal #3

Absolute Necessity

◆ Goal # 3: _____.

◆ 4 reasons why it is absolutely critical that I accomplish this goal:









Page 8 ~ Interferences

◆ Goal

#1: _____

◆ Every interference:

◆ Goal #

2: _____

◆ Every interference:

◆ Goal #

3: _____

◆ Every interference:

Page 9 – Brainstorming Solutions

◆ **OBSTACLES**

◆ **SOLUTIONS**

Page 10 ~ Beliefs, Habits, and Schedules

- ◆ What are the beliefs you have about why you can't achieve your Goals?
- ◆ What are the habits that are interfering?
- ◆ What is the schedule that is interfering?

Page 11 ~ Mindset & Lifestyle of a Committed Goal Achiever

- ◆ For Goal #1, describe habits, thoughts/beliefs, behaviors, schedule/routines of someone who is Committed to achieving the Goal.

- ◆ Repeat for Goal #2.

- ◆ Repeat for Goal #3.

Page 12 ~ All the Consequences

- What GREAT things will happen as you are achieving, and when you have actually completed, Goal #1?
- What SCARY things could happen?
- What INCONVENIENT things could happen?
- What LIFE CHANGES could happen?
- Who might ACT DIFFERENTLY?
- What might you have to DO DIFFERENTLY?

Page 13 ~ Discover Your **Underlying Automatic Beliefs**

- ◆ What are possible Underlying Automatic Beliefs – beliefs that you may or may not be aware of – that are automatically cropping up and interfering with your ability to sustain forward motion?
- ◆ What thinking are you engaging in that falls into the “low achiever” mindset?
- ◆ Looking at the negative, low thoughts, now write the REVERSE.

Page 14 ~ Daily Tool: **Decision**

- ◆ Make a conscious, serious decision that the Goals are worth achieving. Now describe WHY you are committing. Do this daily.
- ◆ Write a list of the changes that making this Decision to Commit will require of you.
- ◆ How do you feel about making those changes?
- ◆ Are you willing to overcome the tough / negative feelings? _____
- ◆ What strategies will you use to do this?

Page 15 ~ Daily Tool: **Internal Agreement**

Describe the promise that you're making to yourself.

When you make a promise to someone else, do you keep it?

Trusting oneself is critical to self-respect. Do you agree?

If you make the promise to yourself, you must keep it! Agreed?

Are you prepared to do **whatever it takes** to keep the promises that you make to yourself?

Page 16 ~ Daily Tool: **Systems & Schedules**

◆ Goal # 1 requires this system and this schedule: _____

◆ Goal # 2 requires this system and this schedule: _____

◆ Goal # 3 requires this system and this schedule:

Page 17 ~ Daily Tool: **Accountability & Support**

- ◆ What would accountability do for your success level?
- ◆ Choose a person (or several) and a technology tracker.
- ◆ Choose a consequence for missing the daily promise.
- ◆ Choose the frequency of the accountability & support.
- ◆ Choose the reward for accountability. *Cause you rock!*

Page 18 ~ Daily Tool: Stay Aware of Self-Talk

- ◆ Notice the thoughts. Make it a game and try to catch yourself, in a compassionate way, with a negative thought.
- ◆ Slow down the thoughts.
- ◆ Deliberately reverse negative thoughts.
- ◆ Practice for 40 days to rewire the pathways: red “X” the calendar
- ◆ What are possible negative thoughts that you already anticipate?

- ◆ **NOW SAY THE REVERSE THOUGHTS OUT LOUD.**
- ◆ **IF YOU ARE WILLING TO DO THIS (DO YOU WANT TO SUCCEED?), IT WILL HAVE HUGE NEURAL IMPACT.**

Page 19 ~ Daily Tool: **Uplevel Your Determination**

- ◆ What obstacles will I WELCOME today, because they will:
 - ◆ allow me to eat them like a Power Bar?
 - ◆ allow me to make MYSELF stronger than my excuses?
 - ◆ allow me to increase the muscle of determination?
 - ◆ allow me to impress upon my brain (program the computer) the success programming that I crave?

Here are the obstacles I'm busting through today:



Page 20 ~ Daily Tool: Jump Start Every Day!

◆ What are my Top Three Goals?







WHY MUST I HAVE THESE?

HAVE I DECIDED THAT I **MUST** ACHIEVE THESE?

HAVE I SCOPED OUT THE OBSTACLES?

HAVE I COMMITTED TO BLASTING OBSTACLES?

DO I HAVE SYSTEMS & SCHEDULES?

DO I HAVE SUPPORT TO GO THE DISTANCE?