



What you keep coming back to

The skill of commitment · name: _____ · date: _____



Commitment is the choice to keep returning to something we value, including after distraction, difficulty or rest. Motivation comes and goes, and plans change. Knowing why something matters can help us change the way we continue without losing the care beneath it.

What we are practising

By the end of this lesson, you can describe the difference between a habit and a commitment, and identify a flexible way to return to something that matters.

During the activity

Staying with what matters: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

What is one small way a person could keep coming back to something that matters to them, even when the original plan has to change?

Exit ticket · What you keep coming back to

According to the lesson, what is the key difference between a habit and a commitment?

- a) A habit only takes a few minutes, while a commitment always takes years to build
- b) A habit is something you do automatically, while a commitment is something you choose because it matters and keep choosing
- c) A habit is done alone, while a commitment always involves other people
- d) A habit is bad for you, while a commitment is always good for you

I can explain the difference between a habit and a commitment, and describe one small way to stay with something that matters when it gets hard or distracting.

☐ more than before ☐ about the same

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