



Exploring Leadership

PERSONAL LEADERSHIP: COMMITMENT

Commitment is the fuel that drives success. It's what powers the actions of people who reach their goals, whether in sports, business, or everyday life. Committed people stay focused, push through challenges, and never give up. Think about athletes who train for years, entrepreneurs who work late, or students tackling tough subjects. Without commitment, none of that would be possible. It's about staying on track and doing the work, even when it's hard.

CONVERSATION STARTERS:

Discuss this quote by John Mack Carter: "Always remember the distinction between contribution and commitment. Take the matter of bacon and eggs. The chicken makes a contribution. The pig makes a commitment."

Commitment means sticking to your goals, no matter the obstacles. It's about putting in the effort day after day, despite setbacks. Committed people stay focused on their bigger goal and keep moving forward, no matter how tough it gets.

KEY OBJECTIVES:

- Learn why commitment is key to success.
- Apply commitment by completing a team task together.

WHAT YOU'LL NEED:

- A large tub of cotton balls (large enough for multiple people to dunk their heads in)
- Petroleum jelly
- An empty bowl

EXPLORATION ACTIVITY:

Commitment Game: In this activity, you'll need to show full commitment by sticking with a tricky task and working together to complete it.

The Commitment Game has three levels:

1. Commit to doing something foolish without embarrassment.
2. Play by the rules.
3. Stick with a potentially frustrating task until it's complete.

FACILITATOR TIPS:

- Watch for potential cheating with hands or mouths.
- Remind the teams to stick to the rules, as this teaches the importance of commitment.
- Encourage enthusiasm and remind everyone that mistakes are okay as long as they stay focused and committed.

- Divide participants into teams of 4 and line up equal distances from the cotton balls.
- Each player puts a dab of petroleum jelly on their nose.
- On "Go!" the first player runs to the cotton ball pile, dips their nose to pick one up, and races back to transfer it into an empty bowl—using only their nose. No hands allowed.
- If the cotton ball falls, they must return to the pile and try again.
- After one player finishes, the next teammate goes.
- The first team to get all members to transfer a cotton ball to the bowl wins.



REFLECTION QUESTIONS:

- Were you fully committed to your team's success? Why or why not?
- Which part of the task needed the most commitment? Why? What kept you going when it felt tough?
- How did your team support each other?

APPLICATION DISCUSSION:

- Think of a long-term goal you've completed. What did it take to stay committed to it?
- What are you committed to in real life right now? How long do you think it will take to achieve it?
- Why do employers value commitment? How could it impact your future career?



CONCLUSION:

Commitment is more than staying focused on one thing—it's about growth and learning with every step. The more committed you are, the stronger your ability to succeed. Whether it's in relationships, careers, or personal goals, commitment lays the foundation for achievement. When you're committed, you're ready to do the hard work, make sacrifices, and stay disciplined, even when things get tough. In the end, commitment leads to results. When you commit with your heart, success follows.

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REFERENCES

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