



## STRENGTHENING COMMITMENT

### Objectives

- Create commitments and discipline
- Learn how to focus and stay focused
- Experience putting your willpower behind your commitments
- Use the Think-Plan-Do-Review cycle
- Learn and use the Insights G-REAT methodology

### Overview

This program provides powerful approaches to detect when you are 'blown off course' and take action to strengthen your commitment. You will work with your own action plans to refine them and strengthen your commitment. You will take practical steps to deepen your intentions and reaffirm your resolve.