

Questions to Ask about Your Commitments and Commitment Statement

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To complement the exercise of [writing a commitment statement](#).

Questions to Consider for Drafting Your Commitment Statement:

- What matters to you?
- What feels especially urgent—personally and collectively?
- What's intolerable, or what can't you compromise on?
- What motivates your everyday decisions?
- What are your longings?
- Who do you want to be?
- What do you want to block? In contrast, what do you want to build?
- For all of these questions: *WHY?*

Questions to Consider after Drafting Your Commitment Statement:

- What have you said and *not said*?
- Does anything surprise you?
- What patterns or themes emerge?
- How are you acting on these commitments?
- What would need to shift or change to be better aligned with and acting on these commitments? Everyday? And over time, long haul?
- What might be missing or not yet represented among your commitments?
- What might be important but going unacknowledged?
- *In total*: What might these commitments be asking of you?