

What Is Commitment?



Audible Aspirations



Are you ready to catch the ball and answer these questions?

An illustration of two boys on a tennis court. The boy on the left is wearing a red long-sleeved shirt and blue pants, looking towards the right. The boy on the right is wearing a teal short-sleeved shirt and tan pants, reaching up with his hands to catch a yellow tennis ball. The background shows a green lawn and trees. Four white question boxes with purple borders are overlaid on the scene, connected to the boys by thin lines.

What do you think you are good at?

What would you like to be better at?

What can you do to get better at something that you would really like to improve?

How often would you need to do these things to see an improvement?

What Is Commitment?



Commitment (noun): A commitment is **a promise to give your time and energy to something you believe in.**

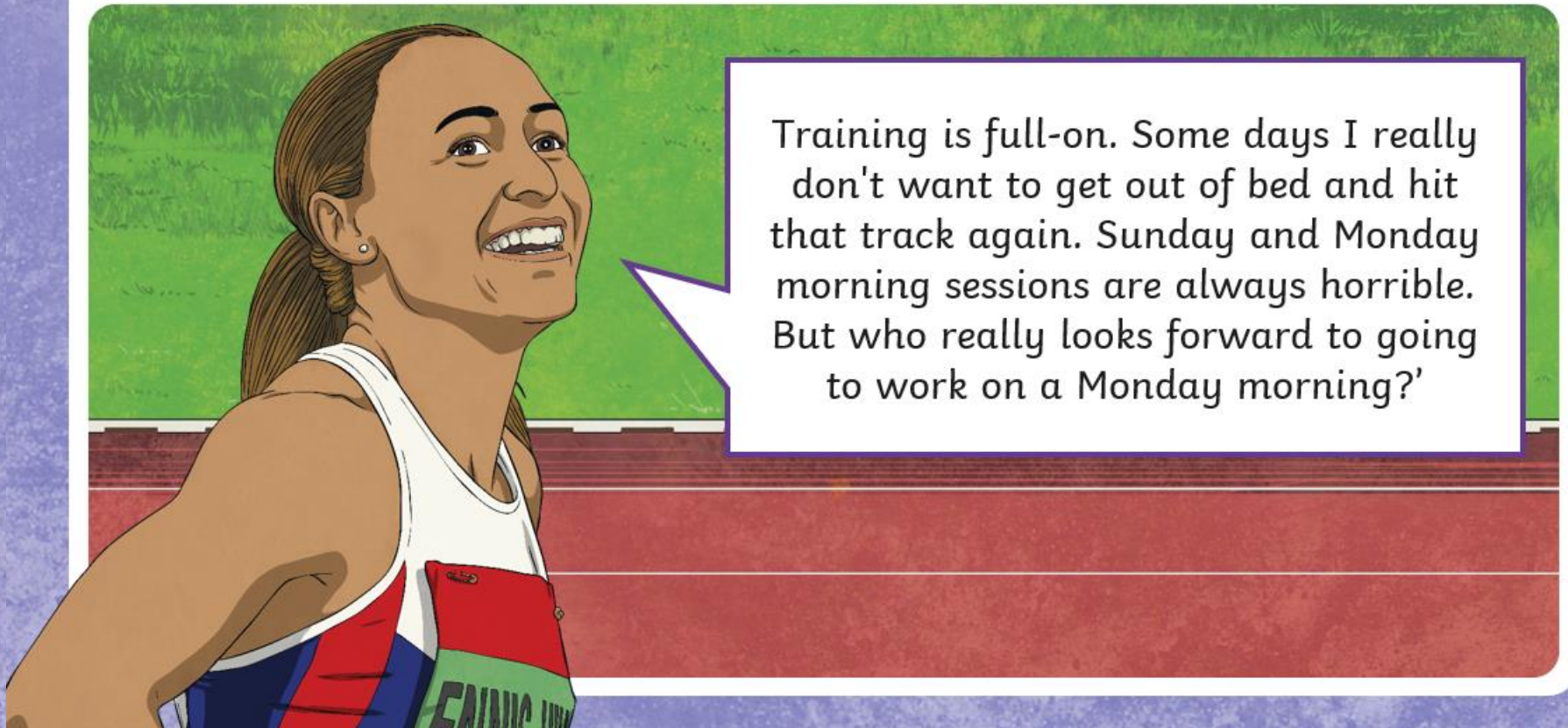
Can you think of actions we could use to help us to remember this definition?



Committed Celebrities



This is Jessica Ennis-Hill. She is an athlete who represented Great Britain in the 2012 and 2016 Olympic Games.



Training is full-on. Some days I really don't want to get out of bed and hit that track again. Sunday and Monday morning sessions are always horrible. But who really looks forward to going to work on a Monday morning?'

Committed Celebrities



✓ Jessica **commits** to training even when she doesn't really feel like it.

✓ She knows that she needs to keep giving her **time** and **energy** to her training in order to be the best at what she does.

✓ That is how Jessica has earned nine gold medals during her athletic career.



Committed Celebrities



This is Ed Sheeran. He is a singer, songwriter, guitarist and record producer.



I practised relentlessly and started recording my own EPs. At 16, I moved to London and played any gigs I could, selling CDs from my rucksack to fund recording the next...

Committed Celebrities



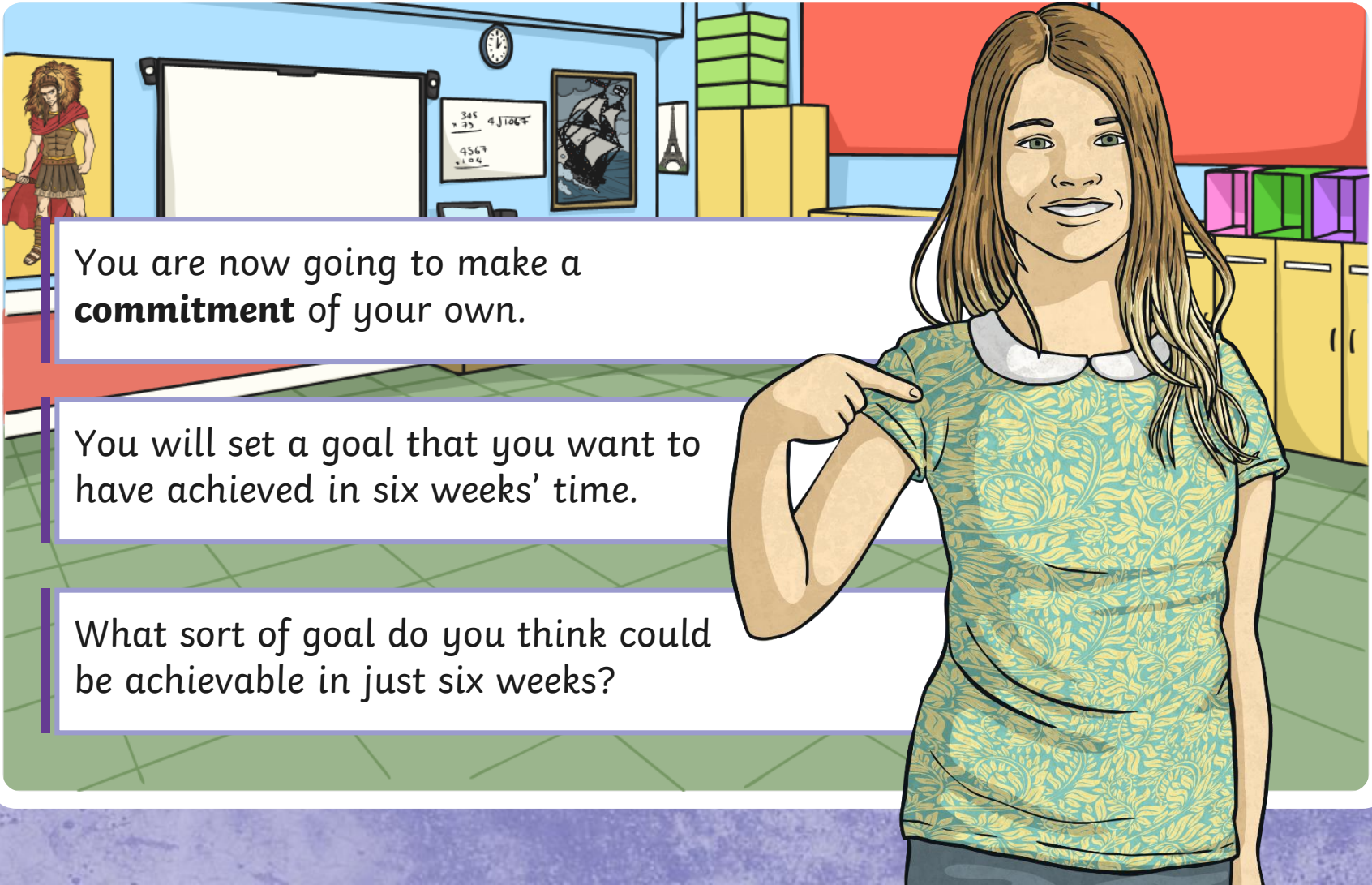
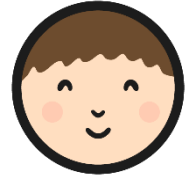
Ed fully **committed** to his career as a singer, giving it all of his **time** and **energy** so that he could become a success.



He has won over 60 awards for his music so far and is famous worldwide because of his **commitment**.



My Journey to Success



You are now going to make a **commitment** of your own.

You will set a goal that you want to have achieved in six weeks' time.

What sort of goal do you think could be achievable in just six weeks?

