

EPISODE 002

## 7 Fascinating Ways Being Committed To Yourself Brings Positive Change

CHECK OUT THE SHOW NOTES AT: [www.dianahimes.com/blog/change](http://www.dianahimes.com/blog/change)

**DIANA HIMES:** Welcome, welcome, welcome to today's episode of the **Tough Love for Sensitive Souls** podcast! I'm your host, Diana Himes. I've got another exciting topic planned for us today, so grab a beverage, your notebook, and get comfy!

Hey there Sensitive Soul, I'm so glad you're here! In today's episode we'll dig deeper into the importance of making a commitment to yourself to do things differently in your life.

Even though this may seem easy, it really isn't. Just remember that anything worth having requires hard work. So make the commitment to yourself because if you don't, you won't succeed.

Say this out loud...**"I'm committed to doing things differently! I realize it'll take time and patience. But I'm determined to succeed."** Keep saying it every day until it's second nature to you.

If you say this to yourself while looking in the mirror, you'll be surprised at how good it makes you feel. Add in a high-five and there's no way you won't be smiling when you leave the room.

When you make a commitment to yourself, you're...

- giving yourself the power to make positive changes in your life.
- deciding what you'd like to change in your life and focusing on that.
- doing something every day that'll help you stay committed.
- not worrying about what other people think.
- reminding yourself that you're the only one responsible for your life.
- staying focused on your goals.
- seeing challenges and obstacles as learning opportunities.

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To help me stay committed, I start my day telling myself "I'm committed to making myself a priority in my life and it's not selfish to put my needs first." It's my reminder that I'm the only one responsible for my life. And I need to reenergize myself so I can be my best self.

Let this quote from Les Brown, "love yourself unconditionally, just as you love those closest to you despite their faults" remind you how important it is to make yourself a priority in your life regardless of the mistakes you've made.

The key is to take small steps forward every day and celebrate your achievements along the way.

Here's a few examples of what you can do differently in your life...

1. Don't take things personally. What other people say or do isn't anything you can control. And most of the time they're dealing with their own baggage, which usually has nothing to do with you.
2. Let go of things you can't control. And focus on those you can. Let's face it, things happen! So learn how to respond to them from a place of calm instead of reacting with emotion. When you do, it's easier to let go of what's out of your control and take action on those things that are in your control.
3. Practice meditation every day. Finding stillness in your mind and body gives you the ability to slow down and breathe. It's one of the most important things you can start right now to calm your nervous system and quiet the noise in your head.
4. Start journaling your thoughts and feelings. Don't keep pushing down what's going on, you've got to face it head on. And a good way to start is to write down everything that's happening in your life

Start every day committed to becoming the best you that you can be. And take one small step toward at least one thing you'll do differently.

Remember, taking care of yourself is the best gift you can give yourself. And those around you!

### Journal Prompts

- What areas of your life do you want to be different?
- What is the number one thing you'll do differently this week?
- What will you do to keep yourself committed to doing that one thing differently?
- How will you celebrate your wins?



EPISODE 002: Doing things differently starts with...making a commitment to yourself!  
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### FAQ of the Week

How do I let go of things I can't control?

Focus on something you can control. This is where you've got a choice to respond from a place of peace or react from a place of emotion. Responding instead of reacting is a conscious choice to give yourself a minimum of 90 seconds to find calm. You can do that by following these steps...

1. Put your right hand on your heart and your left hand on your belly.
2. Breathe in through your nose and out through your mouth.
3. Keep focusing on your breath until you feel more peaceful.
4. Ask yourself "what can I do right now to focus more on what I can control and let go of what I can't?"
5. Then take action on your answer.

And that brings us to the end of this week's show! Now it's time for you to decide what you're going to do differently this week. Take 10 minutes right now and get started answering the journal prompts.

Thank you so much for spending this time with me. I hope you got a few new ideas for doing things differently. Remember, you're the only one in charge of your life regardless of what anyone else says or does.

Join me next week for another episode of Tough Love for Sensitive Souls. Until then, don't forget that you've got everything you need to get anything you want!