

# Wednesday 6<sup>th</sup> January

LO: To understand commitment

# Aspirations!

- 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?

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



# Your turn!

- 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?

Can you write these down and then say why you want to commit to this? It may be something work related like times tables, as if you are committed to getting better at these you will succeed later in life.