

COMMITMENTS

Male speaker: Welcome to The Chalene Show. Chalene is a New York Times Best-Selling author, celebrity fitness trainer and obsessed with helping you live your dream life.

Chalene Johnson: My parents are here visiting Marge and Bill. They're here six months out of the year, six months in Michigan and six months here in Southern California. And it's great most of the time. They're actually really fun to be around and they're fun to watch, I guess, because maybe that I took for granted as a kid, I didn't realize until I was an adult some of the things they do that make their marriage strong, because it's all I knew. And now that I'm around other couples, now that I'm married myself, now that my kids have a relationship, well, my son has a girlfriend and my daughter isn't dating anyone right now. But I noticed that they learn how to treat their spouse. They learn how to argue. They learn how to resolve conflict. They learn how to praise each other and complement each other. They learn how to lift each other up from watching their parents. And I'll bet this is true for your too, that you have so many friends who perhaps they didn't have great role models in their own parents or maybe it was you yourself, you didn't have great marriage role models, but you've watched other people.

So let me preface this by saying you don't have to have parents who are still married to know what it takes to have a strong relationship. So the very first commitment that I want to talk to you about is the most important commitment other than your commitment to God and your faith. And that is your commitment to your family. If your commitment to your family is a decision to do what's in the best interest of your family, that's it. It starts and ends with that. If you want to do what's in the best interest of your family, that's a simple decision. I did not say it would be easy, but it's simple. That means you don't do what's easiest for you. It means that you put your ego sometimes aside. It means that there are other things that might look greener over there. It might mean that you, certain days, would like to figure out what state you could murder your husband in and serve the least amount of time or perhaps avoid the death penalty. I just...

But I'm really not kidding because I think if you make a commitment to your family first, then you'll always make a decision that's in their best interest. And I'm sorry, feel free to disagree with

me, it doesn't matter what kind of money or opportunities or whatever else you have, if your family is broke and busted, you will not be happy. You just won't. It's true.

So Marge and Bill are here, my mom and dad and they've been married for close to 50 years, 48 years I think and I'm always asking them, "Hey, so why do you think you guys are still together? And what do you think the secret to marriage is? And what would you tell other couples that need to stay married?" And it's so funny, first of all, they always argue with each other. And they always give me a different response. But the one thing they always come back to is they always say, it was just a decision. We just decided we would always be together. We committed to each other and we meant that and that meant when things were nasty and when things were ugly and when times were tough and through the hard times and the bad times and the good times, it was just a decision. It was just a decision that we were going to commit to each other.

And I think they missed some of the little things that they didn't realize because obviously everyone who gets married or is in a relationship initially anyways, you commit, right? So, what's different? Well, there's some pretty serious policies that I think most couples fail to make. And I think they're important to make. The first of which is to never ever, I repeat, ever never ever never, use the "D" word unless it's the day you're serving those papers. Until then it's just a threat. And the more you use that "D" word, even if it's just to get a reaction, the less power it has and the more real it becomes. So no matter how angry you are, no matter how irate, no matter how furious, no matter how frustrated you are that you can't get a reaction, do not ever use "D" word unless it's the day you're serving those papers. Your children could hear it. It does damage and it undermines trust and integrity and belief in each other like you can't imagine. Do not ever use the "D" word.

Don't call each other names. And don't say things just to get a reaction because you're better than that. Don't stoop to that level. I think often times, people who are most comfortable using that word are people who maybe it's been role-modeled to them that it's an escape clause or perhaps it's a way to get a reaction from the other partner just to let them know you're really serious. But I just think it's a wrong way to go about it, I really do.

The second commitment that I'm going to ask you to make in 2016 is a commitment to growth. By a commitment to growth, I mean to be vulnerable enough to realize that you're stubborn, to realize that you're not all that and a box of cracker jacks, to realize that there is more room for growth, to realize that you've got some uncomfortable work to do. When you commit to growth, I hope that you'll commit to growing every year. That's what life is about. Life is about being better. Life is about trying to be more. Life is about learning. Life is about struggling. Life is about learning something new. Life is about putting yourself in a situation where you're uncomfortable and you can master it. That's when you know that you're alive. You know that you're alive when it's new. When everything is routine, it's so hard to feel like you're alive. But when you commit to growth, when you come out of your comfort zone, when you do something and you feel like the fool in the room, that's when you grow.

You grow when you realize that your growth helps other people. You grow when you realize that you have more work to do as a human. We weren't made perfect. We're all imperfect. And I don't make it my goal to be perfect or even to strive for perfection, but growth is my hobby and I got to get better at pretty much everything. And if I didn't feel that way, I don't know if it would be fun. Like I enjoy learning. I eat up knowledge. What's the one very specific thing where you know you have room for improvement and it's time for some growth? Put that one thing, that one very specific area and the more specific you can be the better, put it in writing. Send it to me in a tweet. Put it on my Facebook wall. Put it out there to the universe so that it doesn't bounce around in your head like a ping pong ball but you give it specificity. I mean, as specific as saying, "I need to grow in the area of learning to apologize to my spouse. I need to grow in the area of getting serious about my savings. I need to grow in the area of putting myself out there and finding a relationship that I deserve and stop dating these low-lives." So be specific as possible.

The number three area that I'm going to ask you to commit to in your life and to get real serious about it in 2016 is serving others with your gift. What is your gift? I'll tell you what your gift is. Your gift is that thing that you've been through. Whatever it is that was once embarrassing, difficult, kept you up late at night, that thing that felt like it was never going to go away, you were never going to get

over it, you were never going to get through it, my friends, once you've gotten through it, that's your gift. God gave you that challenge as a gift. And now I'm going to ask you to use it to serve other people to help them through it, to help them avoid it, to help them understand that there is hope, that they can get to the other side, that it's possible, that they're not alone, that they're not weird, that this has happened to other people and they're going to get through it and they're going to live and they're going to be better for it. That is your gift. And I'm asking you to share that in a meaningful way in 2016, to stop trying to hide it, stop trying to think that people like you more because you're perfect, because they don't.

There's only one way to explain the reason why you would have been through this. There's only one reason. There's only one explanation. There's only one. And that explanation is simply, it was a gift from God. That struggle, that challenge, that hardship, that difficult time, that thing that made you cry into your pillow, that - that struggle that kept you up late at night and filled your stomach with anxiety, that thing that you've wondered if you would ever be able to come out on the other side, that was a gift. And you got through it.

Now, some of you might be thinking, I'm right in the middle of it right now. Well, you will get through this. And I want you to lean on somebody else who was given this gift and hear from them that there is hope, that brighter days are around the corner and that your life has purpose and has meaning. And the way that you can fill your heart with joy and happiness and like everything makes sense is when you start sharing that thing to serve others.

This episode has been sponsored by CourageousConfidenceClub.com. It's a club that I've created specifically to help people who struggle with confidence and insecurities and social settings and just standing up for themselves, being yourself and feeling good about it. All of us could benefit from having more confidence.

I'd love for you to just experience a taste of it. So please be my guest by going to ChaleneJohnson.com/confidencetips. Now, if you don't feel like writing that web address down or remembering to go there later, all you have to do is, while you're listening from your phone, send me a text message. The number is 949-565-4337.

And that is for U.S. residents. Then just send me the word “confidence” and I will send you access to this video. This video will help you to eliminate self-doubt and just feel more confident in any situation whether it's work or personal or just your social interactions. Every one of us can benefit from having more confidence.

There you'll submit your email address and I will immediately send to your inbox my latest training video where I'd teach you step by step how to feel more confident in just about any social setting. I think you'll find this incredibly useful whether it's business or personal or just in your everyday interactions. Confidence is something that makes life easier, it helps you to raise more confident, self-efficient children. It allows us to speak our mind, to stand up for ourselves, to do the things that otherwise we are paralyzed by fear and we just allow our own thoughts to stop us. By learning how to overcome self-doubt and fear of success, you can become that confident person that others are attracted to, the person you want to be, the person you deserve to be, the person you know is inside of you.

So thank you for checking out my free tools by going to ChaleneJohnson.com/confidencetips.

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