What do you think of when you hear the word commitment? Every day, people make commitments, either to themselves or others:

- to a goal
- to better diet and exercise
- to daily prayer or meditation
- to a marriage

Commitments can be small—like showing up on time, or large—like losing weight or abstaining from alcohol after many painful years as an alcoholic.

When you keep a commitment over the course of your life you learn to keep going in the face of problems. Commitments play a key role in building Resilience. Being able to develop and follow through on commitments help build a determined attitude and the ability to overcome the stress and adversity that comes your way.

**Committed to the Present**

This problem-solving approach is simply a daily commitment to improve your present situation, here and now.

Think about yourself, right now, where you are in this moment. You probably are not feeling much stress or pressure as you read through this paragraph. Why do you think that is? It is probably because you are fully focusing on the present moment. As you read this, you are not likely dwelling on the past or worrying about the future. You are focused only on the things in the present.

Now think about something that makes you feel stress or pressure. Is it something negative from the past? Or something you think might happen in the future?

Focusing on the past or future keeps you from experiencing the good things happening in your life right now. In other words, you are not committed to the present moment.

**Commitment is Practical**

A positive attitude of commitment is practical. It means choosing to focus on something important, and sticking to a plan of action... regardless of what life throws in your way. The best way to handle stress is to be prepared with healthy habits already in place. If you develop healthy habits when you’re feeling good, you can rely on those habits to get through the tough times.

The most Resilient people recognize that though they may stumble and even fall, they don’t have to stay down. They get knocked down, but they know they are going to get back up again.

Take time to think about your commitment to life, to health, and to others. Then, take small steps to support that commitment.
Practice Exercises

1. Select an area from the following list that you wish to focus your commitment on:
   a. Mental Health (stress, anxiety, sleep, emotions, depression)
   b. Personal Development (getting organized, managing conflict)
   c. Wellness (establishing healthy habits, exercise, quit smoking)
   d. Success at Work (leadership, speaking at work, team dynamics)
   e. Health Behavior (alternative care, going to the doctor, diabetes, nutrition)
   f. Parenting and Childcare (children and sexuality, grieving, obesity, safety)
   g. Aging and Eldercare (grand parenting, aging well, living alone, insurance)

2. In the Caterpillar’s Employee Assistance Program website, read the articles or exercises that are related to your commitment.

3. Pick a goal, a small step that helps you focus on your commitment.

4. Write down your goal, and put it in an envelope that you mail to yourself.

5. Set dates for making progress toward your goals and write them on the calendar.

6. Let others know your plan.

Employee Assistance Program

If you have difficulty with commitment you may:

• Lack a sense of purpose;
• Have problems with planning things;
• Have difficulties staying in a long-term job or course of study;
• Have trouble maintaining long term relationships.

These problems can be addressed through the many resources available at Caterpillar’s Employee Assistance Program, whether you go on-line, or call us directly at 866-CAT-0565.

To contact Employee Assistance Program
• Call: 1-866-CAT-0565
• Online: www.cathealthbenefits.cat.com.

Commitment Mini-Survey

Please indicate how much you agree with the statements below by using the 5-point scale.

• Add the 4 items to get your total score. This will range from a low of 4 points to a high of 20 points.
• Higher scores mean you are more likely to have the “C” in your life.
• If you score 15 or greater, you are practicing this “C” of resilience. Great!
• If you score between 10 and 14, please complete the practice exercises above.
• If you score less than 10, please complete the practice exercises, and review suggestions in the Work.Life.Solutions. sections above.

<table>
<thead>
<tr>
<th>1 = Strongly Disagree</th>
<th>5 = Strongly Agree</th>
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<tbody>
<tr>
<td>When difficulties arise, I am more likely to persist in solving things than give up easily.</td>
<td>1 2 3 4 5</td>
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<tr>
<td>My life has been a story where I have pursued the dreams and values that are important to me.</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>My co-workers and I can accomplish what we set our mind to.</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>I am a loyal and dedicated person in at least one area in my life (such as a spouse, parent, religious participant, or employee).</td>
<td>1 2 3 4 5</td>
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