

the promises we make

*Seeing our commitments
with fresh eyes*

story by MICHELLE SASSA

Our lives are a glorious puzzle. But some days it can be a challenge to make all the pieces fit. We're spread too thin, all jumbled. The obligations we've committed to don't make us feel whole.

In these moments, it is helpful to think about our why. The beliefs, causes, and people we're devoted to that drive us to make commitments in the first place. Some of us find fulfillment in raising a family. Pursuing a passion. Making the world a better place. What is it that pulls you out of bed in the morning, thinking, *Let's do this?* What are you grateful for as you lay back down and reflect on your day?

Our purpose is defined in the hours in between.

Recognizing the value in the everyday toils can bring clarity that helps us decide where to devote our hearts and our time. We invite you to separate your commitments—the promises that bring you closer to what you desire—from the unwelcome obligations you are bound to out of guilt or a sense of duty. See where you can cut back or shift your attention. Double down on efforts that give you meaning and joy.

Of course, there will always be responsibilities we cannot shed. The mountains of laundry will always rise again, and the lights only stay on if our account is in good standing. But with renewed perspective you may see how these actions serve your greater purpose. Clean clothes might allow a child to feel confident in his favorite shirt. Settled bills are proof positive that your hard work is paying off.

It is the tasks we take on that bring us closer to what we've deemed matters most. Our daily practices and efforts help us keep the promises we've made—to others and ourselves. As you piece your way through the puzzle, keep an eye on the big picture. Commitment is the glue that bonds us to our goals—it's how we hold it all together.