

**Figure 5.1: Reflection—Personal Commitment**

Personal Commitment Statement to Lead From Within	Next Steps to Commit or Reconfirm
<p>Example: I will not stop leading when the work is tiring, boring, or frustrating, and I don't know what to do next.</p>	<p>I will begin each morning with reflection and establish a positive mindset intentionally focused on my priorities for the day.</p>