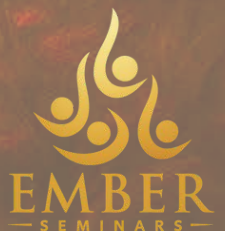


THE COMMITMENT ACCELERATOR

*Your 6-Step Guide to Turning
Goals into Results*

By Chad Hyams
Ember Seminars Coaching



Motivation fades.

**Commitment carries you
forward.**

**This guide gives you six
practical steps you can start
using today to stay on track
and achieve results—even
when it's hard.**

SET YOUR FINISH LINE

Commitment starts with clarity. If you don't know what **success** looks like, you'll drift. Set your finish line so you can **commit** fully, even when the road gets tough.

Action: Write your top goal in one sentence. Be specific - include numbers, dates, or outcomes. Post it where you'll see it daily.



BUILD YOUR NON-NEGOTIABLES

Motivation fades. Discipline wins. Non-negotiables are the daily habits that are untouchable. When conditions aren't perfect, they carry you forward.

Action: Write down three daily actions tied to your goal.

**These are commitments, not options.
Post them somewhere visible.**

LOCK IN ACCOUNTABILITY

Commitment **sticks** when someone else is watching. **Accountability** kills **excuses** and makes **quitting** nearly impossible.

Action: Pick one accountability partner, coach, or system to report progress to this week. Share your finish line and your non-negotiables.

EMBRACE THE UNCOMFORTABLE

Growth doesn't live in comfort. The faster you step into **discomfort**, the faster you expand your capacity.



Action: Identify one uncomfortable action you've been avoiding. Do it today. Don't overthink it — move.

MEASURE RELENTLESSLY

What gets **measured**, moves. **Tracking** progress gives proof you're on the path not just **guessing**.

Action: Choose one metric that defines progress toward your finish line. Record it daily or weekly — make it non-negotiable.

PROTECT YOUR ENERGY

Commitment burns fuel. Without energy, discipline collapses. Guard your time, health, and focus as carefully money in the bank.

Action: List three habits or people draining your energy. Set one boundary this week to protect your reserves.

A person is running up a rocky, uneven path that leads towards a bright, glowing horizon. The scene is bathed in warm, golden light, suggesting a sunrise or sunset. The person is in the foreground, slightly to the left, and is running towards the right. The path is made of large, dark rocks. The background is a vast, open landscape with a bright light source on the right, creating a strong silhouette effect on the person and the path.

COMMITMENT CONQUERS EVERYTHING

*Motivation fades.
Conditions change.
Discipline wavers.*

Commitment separates
dreams from ***achievers.***

TAKE YOUR NEXT STEP

**Commitment sparks the fire.
Action keeps it alive.**

Here's where to start:

- 1. Hire Chad as your coach**
- 2. Book Chad for your next event**
- 3. Grab Achieve Your Apex**
- 4. Tune into the podcasts**

ChadHyams.com

