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Word of the Day – **Commitment**

Transcript

The word of the day today is **commitment**. **Commitment** is a noun. This word is used when someone has agreed to do something and you have an understanding, or agreement, that you will not back-out. This word implies there is a responsibility or expectation that you have dedicated yourself to an idea or cause.

For instance, let's say you have decided to volunteer on a regular basis. You have found there is a need to help out a center on Saturday mornings. While this curtails your activities on Friday night, you feel that that is a trade-off you will have to sustain because you have made a **commitment** to do this work. So then, you are honoring the responsibility you have committed to.

In another instance, let's say you are not feeling well. But you have made a **commitment** to go to the annual fundraiser that night. But you really do not feel up to it. However, you know that if you do not go, everyone will be disappointed and you are integral to the event. So then, despite your poor health, you will go and try to do your best.

You have made a commitment to the event and to your colleagues.

I hope you find this word useful in expressing your thoughts more clearly. For more information, you can find the script at Practicus.co.kr.