

## Your Magical Coach – Part 5 (Commitment)



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### **“To be or not to be, that’s a matter of desire!”**

Here, the last episode in my series on achieving a more fulfilled life covers commitment. This is the most important factor for a richer life. Ask yourself, can you spare ten minutes every day for a year to do a particular task without getting interrupted? For what proportion of the year (in terms of the number of days) could you maintain this habit? Your answer may be less than 10%, or you may even have no idea, particularly given the hustle and bustle of our working lives today. Agreed?

Unless you are an athlete who wants to compete and win in the Olympics, most of us fail to manage doing the same task continuously for a month or more without interruption. Have you considered why? Maybe it’s just that we are too busy. Or maybe we don’t have the resources, or there are too many distractions, or the task isn’t urgent... We can think of hundreds of reasons for not committing to the task. Indeed, many of us have the potential to become masters of delay. We tend to put things off until the last minute, or even forget about them. But why is it so difficult to commit to a task? After all, a task that just takes us ten minutes only occupies 0.69% of a day.

Think about the first time you mastered typing, swimming, tennis, or anything that you can do well today. How did you get into the swing of and start mastering it? Normally by repeating the task again and again. Not only repeating, but also evaluating the results so you could improve while repeating (this is the PEI system – Perform, Evaluate, Improve). For example, to enhance your English listening skills, you can just listen to the same English sound track for 31 days: by the end you will see the difference. Another piece of magic is to redraft your priority list. Notice how the tasks that you continuously delay are usually those outside the top three on your priority list. If you really want to get things done, change your priority list now and take action.



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Apply the PEI daily and I'm sure you'll see the difference and will make significant achievements within a year. For an even better result, review your progress month by month.

Now, let's have a quick review of the Positive Quotient. Check your mentality, change your attitude, work on your AQA (Attainable, Quantifiable, Adjustable) Goals, visualize your continuous improvement, and apply the PEI to improve your commitment. By balancing the level of each of these quotients, I can visualize another happy person who becomes rich in every aspect of life. Congratulations!

*Wilson Wan (a.k.a. Magic Wilson) is an accountant, executive coach and corporate consultant. He is the Hong Kong Chapter Leader of International Coach Federation (USA), President of Institute of Professional Trainers and Coaches (IPTAC) and the Principal Trainer of World Leaders of Accomplishment Association. He is currently a doctoral candidate researching corporate strategies.*