



Makeovers Meditation Exercises. Promise Finishes the Job.

Promise: A vow to do something named.

Example: I promise to finish my route every time I go running.

A promise is a commitment to do something—to follow through on a task, to finish a job, or to abstain from a behavior.

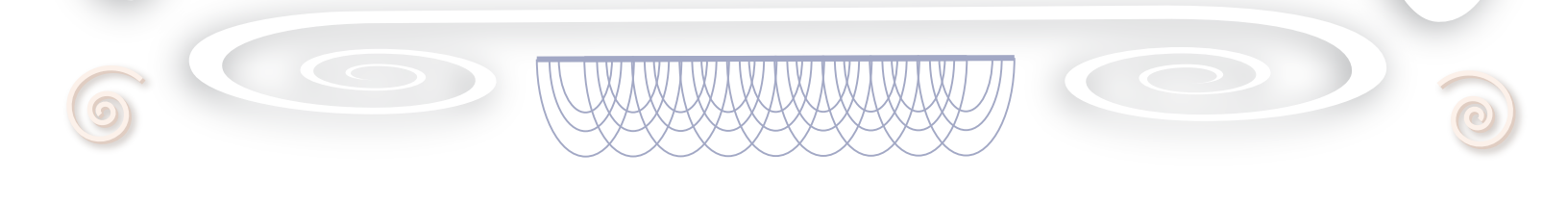
The concept of a promise is that once you've said "*I promise*" to yourself or others, you are bound to keep it. When you say, "*I promise,*" it means you can count on yourself to do whatever needs to be done to fulfill that commitment. If you do not keep a promise, you are not being responsible: You will not be able to count on your own word, and others will not trust you. This is—first and foremost—an exercise in **trust**.

Promises are easy to make if you are the type of person who is not in tune with your words. Promises are difficult to make if you follow through every time you promise something. Enter into a promise with a great deal of contemplation of whether or not you will be able to deliver on the promised act.

When you have done your best and you cannot follow through on a promise, be remorseful. Be sad. It is not that you failed, only that you failed in your promise. People want to see remorse when a promise is broken. They want to feel that even though the commitment is questioned, that they can trust that you will do your best the next time you make a promise.

Exercise:

Practice making promises to yourself. Always keep them. When you cannot keep them, tell yourself "*I will not make a promise unless I am certain that I can keep it no matter what.*" When you make promises to others, only make promises you can keep. Say it out loud: "*Yes. I can do that. It's a promise.*" When you do break a promise, reassure the person that you disrespected that you are upset things did not go well with the commitment that you made





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to them. Reassure them that you will do your best to make things better right away, and that you will try your best the next time.

It is important to keep in mind that people like to feel trust. First cultivate inner trust, and it will expand outward to every person in your life. ***Use your trust wisely—in both placing it in someone else, or letting someone rely on you—It is the calling card of your character.***

