



## MAKE AND KEEP PROMISES

Our promises create our lives.

Our promises give life to our purposes and goals. Our promises move us into action. Giving our word is a major step in creating a compelling future.

When we communicate our promises, we open up new possibilities. When we give our word and keep it, we are creating—literally. Through promises, our words can set the pace and invent the future. Promises are the forerunners of action. Our words float out into the universe bearing a vision of what is to come. When we align our behavior with those words, we turn intentions into reality.

Our promises make things happen. Circumstances fall into place. Information, resources, and help show up. All of these strategies start with giving our word. When we make a promise, our word inspires action.

### **Keeping promises creates a world that works**

Life works to the degree that we keep our promises. When something goes wrong, the problem often goes back to a broken agreement.

Imagine how different life would be if all promises were kept. All marriages would be monogamous. All loans would be paid off when they were due. All treaties between nations would be respected.

If individuals, businesses, and nations kept their promises, tremendous resources would be freed to handle injustice and misery throughout the world. Problems in our homes, schools, businesses, and national governments would be minimized. Harmony would be maximized.

### **Align words and behaviors**

There are two broad ways to keep promises.

One is to change our behavior so that it's consistent with our promises. For example, if we promise to start a regular exercise program or read for one hour daily, we can act on these intentions and live up to our word.

Another option is to change our promises so that they align with our behavior. Someone who's promised to change careers might study the options and conclude that her current job is the best fit for her right now. She can avoid making any promise to change positions.

Using either strategy, we find that our words and our behaviors are consistent. Our promises are fulfilled.

When our words and behaviors are consistent, people generally feel more secure. They can be comfortable in knowing who we are. They feel they can trust the messages we send. Keeping promises also benefits us. When we give our word and keep it, we experience a sense of comfort, control, and freedom.

A promise is not to be made in order to saddle your life with another obligation. Promises are there to remind you of what you want. If a promise no longer sparks your enthusiasm or moves you into action, then it's time to create a new promise that's truly in tune with what you want.