

# THE SELF EMPOWERMENT PLEDGE

## Seven Simple Promises That Will Change Your Life

### **Monday's Promise: Responsibility**

I will take complete responsibility for my health, my happiness, my success, and my life, and will not blame others for my problems or predicaments.

### **Tuesday's Promise: Accountability**

I will not allow low self-esteem, self-limiting beliefs, or the negativity of others to prevent me from achieving my authentic goals and from becoming the person I am meant to be.

### **Wednesday's Promise: Determination**

I will do the things I'm afraid to do, but which I know should be done. Sometimes this will mean asking for help to do that which I cannot do by myself.

### **Thursday's Promise: Contribution**

I will earn the help I need in advance by helping other people now, and repay the help I receive by serving others later.

### **Friday's Promise: Resilience**

I will face rejection and failure with courage, awareness, and perseverance, making these experiences the platform for future acceptance and success.

### **Saturday's Promise: Perspective**

Though I might not understand why adversity happens, by my conscious choice I will find strength, compassion, and grace through my trials.

### **Sunday's Promise: Faith**

My faith and my gratitude for all that I have been blessed with will shine through in my attitudes and in my actions.

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