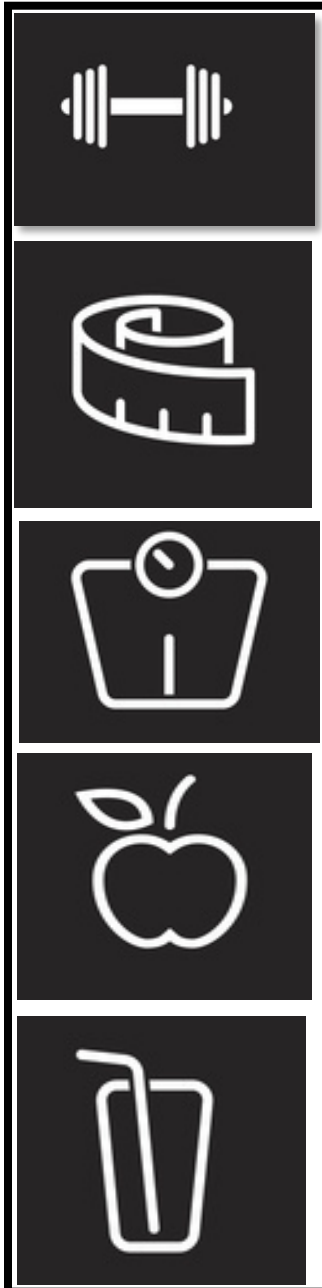


# Healthy Promises

because  
I said  
I would.



***because I said I would,***  
is a movement committed to  
making a difference in the  
world through promises  
made and kept.

Helping you keep your  
healthy Promises is a way to  
make sure *you* can make a  
difference.

This resource is designed to  
help achieve your health and  
wellness goals. And, of  
course, to fine tune your  
promise skills along the way.

We hope that your results  
are not only improved health  
and wellness, but an im-  
proved capacity for promise  
making and keeping.

This resource includes  
the following:

Promise to self

Make it happen

Does history have to repeat itself?

*Help to avoid repeating the past*

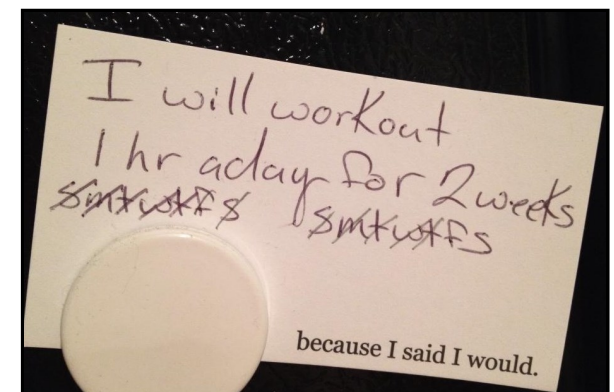
Sticking with it

*Tips and advice on making it work*

Tracking

*A daily tracker designed to exercise your*

*Promise muscle.*



# Promise to Self

because  
I said  
I would.



If you had a friend who constantly made promises and let you down, what value would you put on their promises? How long would you tolerate their behavior?

We make promises to ourselves all the time. But do we always keep them?

Failing to keep a promise to others can send the message that they are not important. It can:

- ruin credibility.
- destroy trust.
- leave people we care about upset and disappointed.

## Do any of these look familiar?

- **I am going to start taking better care of myself.**
- **I am going to start eating healthier**
- **I'm going to exercise regularly.**
- **I am going to stop bringing work home.**
- **I am never going to smoke again.**
- **I'm going to start setting aside quality "me" time.**

But what happens when the promise you fail to keep is to yourself?

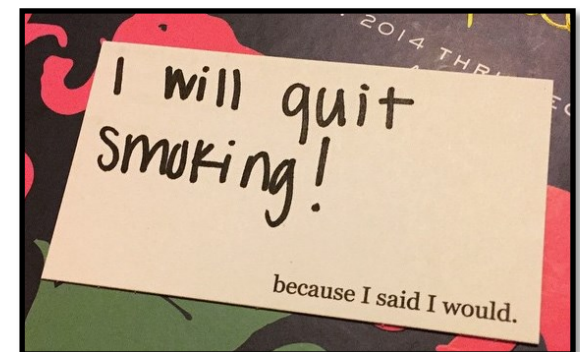
What is the harm if you don't keep a promise to yourself? No one knows.

**No one except you.**

Breaking a promise to yourself has the same costs as breaking a promise to other people.

When you break a promise to yourself, you send yourself a powerful message:

- You are not important.
- You go against your values of honesty and acting with integrity.
- You trust yourself less.
- You treat yourself as unreliable and less responsible.
- You don't commit to the things that you say you will do.



# Healthy Lifestyle and Promises

because  
I said  
I would.

The good news is that there are tools that you can use to help keep your promises.



Keeping promises to yourself will

boost your self-confidence, productivity and happiness.

- Being accountable can restore self-trust.
- Every commitment you keep to yourself builds your self-esteem and faith in your ability to consistently do what you say you will.
- This sense of integrity will start to radiate into all your relationships. When you trust yourself, you will find it easier to be honest with others .
- You'll be more productive and focused because you follow through on your commitments.

Living a healthy lifestyle can mean different things to different people. For some, health is defined by living a disease-free life.

**It always seems impossible until it's done.**

**-Nelson Mandela**

For others, it is the ability to play with children or grandchildren or stick to a weekly exercise schedule.

Even though the definition may differ, living a healthy lifestyle is the cornerstone to achieving optimal mental and physical well-being.

Lifestyle changes are challenging. Especially when you want to transform many things at once. It's important to look at lifestyle change as an ongoing process.

**This guide offers:**

- Tips and tools for making lifestyle changes.
- A look at your strengths and opportunities.
- Most importantly, support your development of health and wellness promises you can keep.



# Keeping your Promise

because  
I said  
I would.



Set yourself up for successful Promise keeping by working

through the 5 phases in the life of a Promise.



Think about the **Catalyst** for the promise. Why are you making this particular commitment? What is your intention? Am I doing this for myself? For others?

Be honest with yourself about why you are making this commitment. It will aid in your success.



**Contemplate** your choice. Pick a promise that feels right. Do you want to eat healthier, stick to exercise, control portions, ease stress, stick to a budget? It's best to concentrate on just one promise at a time.

Think through easy obstacles. You want to try

meditating, but don't have any time to do it. Or perhaps your hopes for eating healthier will fail if your kitchen isn't stocked with healthy foods.

Brainstorm ways to overcome obstacles.



**Communicate.** Put your promise in writing. Share it with one or two supporters you don't want to let down: your partner or child, a teacher, doctor, boss, or friends. They can encourage you through the tough spots.

Be explicit about the change you've chosen and why it matters to you. If it's a step toward a bigger goal, include that, too.



**Carryout** your promise. Keep a calendar or a log. Make sure that you use checklists as needed. These include shopping lists, exercise routines or daily planning that helps you stay on track. Use the tracking plan included in this packet.

Check in with your

accountability partner.

Make sure that you pay attention to that relationship.

Do what you say you are going to do. It is not always easy to get feedback from people you care about. If you make a mistake, accept responsibility and learn the lesson.



As you complete your promises, examine the **Consequences.**

How did this promise affect you and those around you? How will it continue to affect you and those around you? Did you achieve the desired outcome?

If this promise was a step in a larger plan, reflect on the next steps and the impact of this promise on the next steps.

## Phases of the Life of a Promise



Catalyst

Contemplation

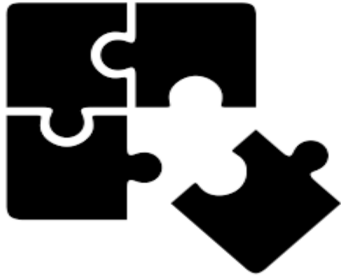
Communicate

Carry out

Consequences

# Tactics and Habits

because  
I said  
I would.



- Contemplating strengths and challenges can help you choose goals and motivations to keep your promises. Think through the steps of your Promise.
- Be honest with yourself and others. The truth is not always easy. It's important to make sure that what you say and do are in harmony.
- Think about your first goal. It is important to invest time in this step now. This will be the basis for your accountability to your Promise.
- Break down choices that feel overwhelming into tiny steps. For Example:

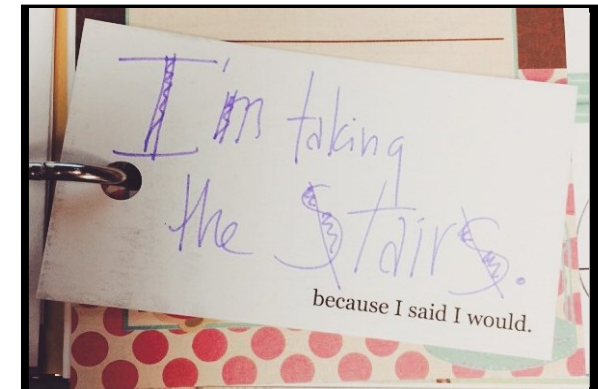
Take a 30-minute walk

- *Find my comfortable walking shoes or buy a pair.*
- *Choose days and times to walk, and then pencil this in on the calendar.*
- *Think about a route.*
- The first promise you make might not seem like the promise you *should* make, but you will be more successful if you set priorities that are compelling to you. Ones that you can complete.

## Word Choice Tips

- **Act like you are dictating a legal contract.**
- **Don't be afraid to go back or rephrase now.**
- **Limit the scope by using "if, then" language**
- **Write things down.**

- Be aware of word choice. Avoid using words like: always, every, all the time, never, anytime.
- Keeping a promise builds a habit of keeping promises.
- Remember that compassion includes being kind to oneself. Believe in your ability to build happiness and peace within yourself.
- Self control is a constant process. Your greatest battle lies within. Remember, control over one's own emotions, desires, and actions often defines the success or failure of a promise.



# Your Health and Wellness story

because  
I said  
I would.



**Everyone has a story.**

If you think about your health and wellness story, you can uncover strengths and challenges that can help identify motivation or overcome obstacles. This is an assessment tool. Get a journal or notepad, work through the questions.

**Happy discovery!**

- When were you at your healthiest or fittest (physically or emotionally)?
- What were factors at work

then, and how might you use some of them now?

- Which of your habits or attitudes contribute to the condition you are interested in changing now?
- Which do you feel motivated to change?
- Who or what encourages or has encouraged you?

**“The best  
way to  
predict  
the future  
is to  
create it.”**

**– Abraham Lincoln**

- What support systems are you easily able to cultivate?
- Who or what may be an obstacle (internal and external)?
- What can you do to work around potentially negative influences?
- What are priorities in your life and how can your health and wellness improvement affect them?
- Are there things that were neglected in the past in other attempts that you should consider and accommodate this time?
- Write down your overall vision in the present tense: It's one year from now and I am \_\_\_\_\_.



# A Week of Healthy Promises

because  
I said  
I would.



The sheet that follows is a weekly tracker. Multiple pages can be put together to create a Journal of Healthy Promises.

## Directions:

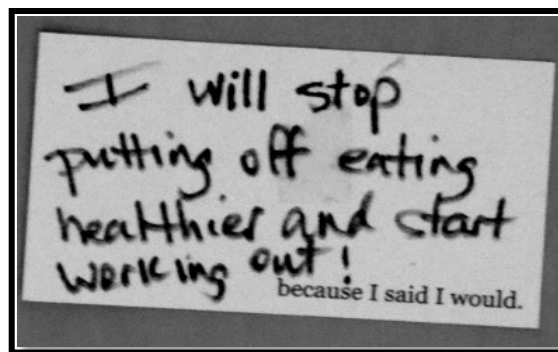
Take a promise, or a step in a promise and write it at the top of the sheet.

Fill out the dates—this is important for accountability. It helps you create an artifact (or record of history) of your progress. In a year from now, you can look back and see where you were.

You can review the commitments and consequences of the promises you made and kept.

Use this sheet every day to commit to taking steps toward completing your promise.

- You are making a contract with yourself.
- You can share these sheets with your accountability partner or keep them for your eyes only. That's up to you.
- When you complete the week, attach it to a new week or file.
- Keep your collection handy, so that you can use it for motivation and accountability.



There will be days that are harder than others. There will be days that do not meet your expectations. Think ahead, use your sheets to plan alternatives in

the event that something you “think” might happens does.

If you have exhausted all your options you may reach a “**Point of no return**”. If you find yourself in this situation:

- Don't make excuses.
- Accept responsibility and try again. Be honest with yourself.
- Make it known to yourself and others what you plan to do differently in the future.
- Look for a way to honor the original intent of the promise even though you are unable to follow through on the original plan.

When you make promise-breaking a rare event, you can give yourself a little grace when you do need to break a promise you've made.

When you do break a promise, doing it in the ways listed here helps you and others to see that you accept responsibility. Breaking a promise, in the right way, may even help you build trust.

# Daily Promise Tracker

because  
I said  
I would.

Accountability separates the wishers in life from the action-takers that care enough about their future to account for their daily actions.

Week of \_\_\_\_\_

-John Di Lemme

Weekly Goal : \_\_\_\_\_

Day: _____	Day: _____	Day: _____	Day: _____	Day: _____
Today I will:	Today I will:	Today I will:	Today I will:	Today I will:
To work toward my weekly goal.	To work toward my weekly goal.	To work toward my weekly goal.	To work toward my weekly goal.	To work toward my weekly goal.
I completed this daily Promise	I completed this daily Promise	I completed this daily Promise	I completed this daily Promise	I completed this daily Promise
Yes ____	Yes ____	Yes ____	Yes ____	Yes ____
No ____	No ____	No ____	No ____	No ____
Initials: _____	Initials: _____	Initials: _____	Initials: _____	Initials: _____