



**INSIDE EVERY WOMAN**  
Using the 10 Strengths You Didn't  
Know You Had to Get the Career  
and Life You Want Now

## Commit to These 5 Promises for Your Success

Your ability to succeed in life may come down to your willingness to commit to your own success. According to Vickie L. Milazzo, RN, MSN, JD, *Wall Street Journal* bestselling author of *Inside Every Woman: Using the 10 Strengths You Didn't Know You Had to Get the Career and Life You Want Now* and founder of an innovative \$16-million organization, the promises you make now, and keep, will influence every success you enjoy for the rest of your life.

“Commit with me to these 5 Promises right now, even if you’re not yet sure how to incorporate them into your life,” says Milazzo. “I guarantee that by just beginning this journey, your life will be an adventure more powerful and satisfying than you can imagine. Whether you’re an aspiring artist, engineer, homemaker, real-estate agent, astronaut, entrepreneur – or are already successful in your chosen field – these 5 Promises will propel you toward even richer success.”

Milazzo developed the 5 Promises in 1982, after earning her master’s degree, working six years as a registered nurse in a hospital and then finding herself unhappy with her career choice. She changed her whole life and pioneered an entire new industry. For more than a quarter-century she has trained and mentored women to apply these 5 Promises and achieve success far beyond anything they imagined.

### **Promise 1: I Will Live and Work a Passionate Life**

Desire is energy. Passionate desire can overcome physical, emotional, and intellectual barriers. Listen to your heart – then act on your most passionate desire. It means being honest with yourself and others about what you value.

### **Promise 2: I Will Go for It or Reject It Outright**

If you want something better for your life and career, you owe it to yourself to go for it or reject it outright. Don’t leave the dream dangling as a reminder of what you don’t have the time, courage or enthusiasm to grab. Don’t wait for conditions to be perfect – that will never happen. Do it or forget it.

### **Promise 3: I Will Take One Action Step a Day Toward My Passionate Vision**

Without action, your visions scud away and dissolve like clouds. Successful women love the action as much as the dream. By taking action every day you develop the habit and discipline to make your vision a reality. When you focus not just on the idea, but on making it happen, you don’t just dream your passions, you stay in motion and live them.

**Promise 4: I Commit to Being a Success Student for Life**

It's a myth to think you can launch a successful career or succeed in other life goals without learning continually. Learn through the experience of others who have already overcome the problems and discovered the answers. Then practice being successful. What's hard today is easy tomorrow – with practice.

**Promise 5: I Believe as a Woman I Really Can Do Anything**

Believing you can do it is 90 percent of the win. Find a personal or career accomplishment that gives you pride and encouragement, then use it to bolster your resolve. Any time you hesitate to grab an opportunity, tell yourself, "I am a woman and I can do anything!" Believe and you will achieve.