

5 PROMISES

PROMISE 1

I Will Live and Work a Passionate Life

In what way do you need to be more agile to dive deeply into your passionate vision?

PROMISE 2

I Will Go for It or Reject It Outright

What risk will you take to stretch to your new level of agility?

PROMISE 3

I Will Take One Action Step a Day Toward My Passionate Vision

Write down two action steps you will take to stretch to the next level.

PROMISE 4

I Commit to Being a Success Student for Life

Define a third level of growth, a stretch that seems unattainable. How, when and where will you attain the knowledge or training to reach this advanced level of agility?

PROMISE 5

I Believe as a Woman I Really Can Do Anything

Focus on your highest aspiration. See yourself enjoying the attainment of this highest goal, then reach out with your inner being for a tangible symbol of attainment. What is that symbol? Write it down. Listen with your inner ear to the praise and congratulations of your peers, family and friends. (Reject any negatives.) What are they saying?

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