

PRACTICE UNCOMPROMISING
INTEGRITY WITH THE
5 PROMISES

PROMISE 1

I Will Live and Work a Passionate Life

Is there an integrity issue (about you or someone else) that is preventing you from living your passionate vision? Describe it.

PROMISE 2

I Will Go for It or Reject It Outright

How does this integrity issue impact your commitment to your passion?

What can you do to soften that impact? Can you rectify a past misdeed? Is there someone to whom you need to apologize, have a long talk with or repay a debt? Is there someone you need to stand up to? If so, set a target date to handle the transgression, absolve the guilt, or confront the problem. Then move on.

PROMISE 3

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

Write down three ways you will practice uncompromising integrity. Beginning today, vow never to break this covenant with yourself.

PROMISE 4

I Commit to Being a Success Student for Life

Write down the name of a person with uncompromising integrity who has something you want (more peace, more success, etc.). Study how she handles compromising situations and model her.

PROMISE 5

I Believe as a Woman I Really Can Do Anything

Recall situations in which you demonstrated integrity, possibly when others did not. Write down as many as you can recall. Notice how you feel, and write down your feelings.

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