

## SELF-PROMISE- THE FIRST PROMISE



A promise is a commitment you give to someone and you will ensure that you deliver that commitment. Self-Promise is a promise a person with self-love makes to oneself. It helps in channelling all your energies towards a life full of growth, development, peace, happiness and tranquillity.

### How to Make Self-Promise:

- Follow these steps when you do self-promise:
- Start your promise with 'I promise myself today... (say the promise)'.  
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- Be clear about your promise and how to establish it
- Set a realistic target date for your promise
- Be clear about the deliverables and be accountable for them
- Ensure that you can acquire all the resources and skills to meet your promise
- Ensure that you make progress even in a small way
- Set realistic achievement milestones
- Formulate a workable plan that is future-oriented
- Implement your plan with dedication and strong action
- Evaluate your progress every day
- Appreciate every win and boost your self-esteem
- First, learn to make promises to yourself so that you can make promises to others.
- Be committed to your self-promise at all times.

### KEY WORDS EXPLAINED:

#### Self-Promise:

A growth-oriented realistic promise given to self.

#### Self-Esteem:

The feeling of self-worthiness comes from every achievement.

#### Tranquillity:

It is the level-headedness of a person.

#### Key Learning:

- Self-Promise helps you stay motivated.
- Self-Promise promotes your self-esteem.
- You are your self-promise.



**OPA** is a Psychology Digest that provides information on life and mind management. Its aim is to clarify your doubts on mental health and life wellbeing matters in a clear and concise manner. We wish you an astute reading. We welcome valuable feedbacks from our readers.

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