

I Promise Myself

1. to laugh as if nobody's watching, and love as if I've never been hurt before.
2. to live as if I were to die tomorrow, and learn as if I were to live forever.
3. to let go of the heavy burden of my past. To turn my wounds into wisdom and my difficulties into opportunities.
4. to love myself as much as I would like others to love me.
5. to die to the past every night, so that I can be born again each morning.
6. to never speak from a place of hate, jealousy, anger, or insecurity. And to always evaluate my words before I let them leave my lips.
7. to forgive so that I can heal, and let go so that I can grow.
8. to learn from every experience and every interaction life sends my way.
9. to always look for the good in people. To treat everyone with love, kindness, compassion, appreciation and never speak badly of anyone.
10. to allow life's many challenges to make me better, not bitter.
11. to complain less, and live my life with an attitude of gratitude.
12. to create a sense of purpose and bring meaning into everyday life. No matter how many times I fall or fail, I promise myself to never give up on myself or my dreams.
13. to let go of all the drama in my life, and only hold on to those things that bring me joy.
14. to live my life in a way that inspires others and strive to bring out the best in them.
15. to surround myself with people who make me hungry for life, touch my heart, and nurture my spirit.
16. to think less and feel more. To judge less and trust more. To fear less and love more.
17. to walk away from everything that no longer serves me, grows me, or makes me happy.
18. to spend more time connecting with my authentic self, and less time chasing the love and approval of those around me.
19. to show the world who I truly am and not consider what people might be thinking about me.
20. to transform my inner vision until I see nothing but light, my own and all those around me.
21. to let go of any bad habits I might be holding on to, and walk away from all those things that hold me back in life.
22. to let go of all blame and take full responsibility for my own life.
23. to allow the world know me as I am, not as it thinks I should be.
24. to be tender with the young, compassionate with the aged, sympathetic with the striving, and empathetic of the weak.
25. to clothe myself with love and wear this love wherever I go.
26. to care more about being kind than I do about being right all the time.
27. to give more of my time to those who are special in my life, and show them how much they really mean to me.
28. to trust my inner voice and intuition more than I trust the loud voice of those around me.
29. to expect less from others but more and more from myself.
30. to allow those I care for to be perfectly themselves without trying to twist them to fit my own image. Loving them for who they are and not for what I want them to be.