

## *Today's Promise* © by Lee Ann Szelog

### TODAY I PROMISE TO:

- Pay attention to the little things in life that are the grandest.
- Have at least 5 minutes of quiet time to reflect, rest and recharge.
- Talk about solutions more than problems.
- Remember, life is a gift. I will make the choice to open it with enthusiasm every day.
- Look people right in the eye and smile at as many people as I can, which will not only make a difference to their day, but will make a difference in my day too.
- Focus on the positives, so the negatives are more difficult to see.
- Be grateful for what I have today.
- Grow from the experiences I have, good or bad.
- Communicate productively rather than destructively.
- Be true to myself by comfortably walking in my own shoes, at my own pace and in my own manner towards the direction of my own desires.
- Do something I am fearful of in order to become stronger.
- Open my mind before I open my mouth.
- Be tolerant of others' shortcomings, after all they are human, just like me.
- Strive for perfection by forgiving others' imperfections.
- Treat everyone with kindness and respect, even those who are rude to me, because I am nice.
- Not dwell on past failures and losses, because they are in the past. Not worry about the future, because it has not arrived.
- Focus on this moment and enjoy it while I have it to enjoy.

