COACHING | PERSONAL GROWTH | PROFESSIONAL DEVELOPMENT | THINKING| VALUES

Keep Your Promises

Integrity reflects the value you place on yourself and when you place value on a thing you protect it, grow it.

by **Steve Dailey**

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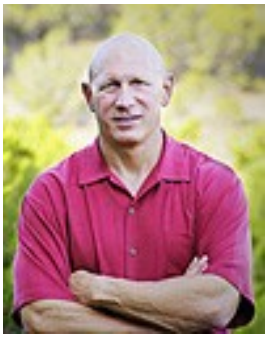

Did you hit the snooze button this morning? How many times? How about working out… did you attack your workout like you planned or did you even go exercise at all? What about the diet, caffeine, alcohol or sugar… did you stick with your commitment to moderation or elimination?

Don't let me make you feel guilty. There is great news here.

Beginning right now you can make one simple decision that will change your life forever and assure that you will always achieve all of your goals. Here it is: keep all the promises you make to yourself. That's it. Just say what you are going to do and take it as a promise.

By each day, and each step of every day, building the muscle of integrity – that is, honoring the promises you make to yourself – you will become a character-filled, momentum machine. Personal effectiveness is manifested by our personal character and integrity… and the one person you must honor most is yourself. Integrity reflects the value you place on yourself and when you place value on a thing you protect it, grow it.

Keep the promises that you make to yourself. Integrity and character will pour from you in the form of self confidence and effectiveness.

I promise.

Coach Steve Dailey
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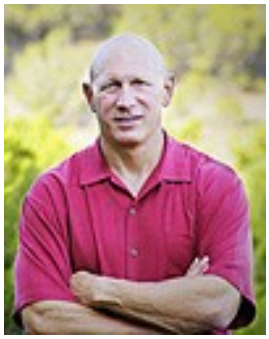

Steve Dailey is a speaker, author, advocate and coach for people 45 and older embracing the second half of life as the Better Half. Helping hundreds of small business owners for over 20 years achieve new levels of vision, confidence and success in their business goals has taught him that those most equipped to make a difference in the world around them are those that have endured the challenges and obstacles of life through their first 40-50 years. His battle cry challenges - "If not for the second half, what was the first half for?!" www.AchievementBridge.com