

The Practice

Keep the Promise

This week, I'd like you to make one commitment: **keep the promise you made to yourself as consistently as you can.**

Each morning, remind yourself of the healing habit you chose.

Then ask: **how can I honour that promise today?**

Some days it might feel easy, some days you might forget, some days you'll be tired, busy, distracted, or simply not in the mood. Those are the moments that matter most because healing habits are not built on the days when life is easy. They're built on the ordinary days when we quietly choose to show up anyway.

If you miss a day, don't turn one missed day into a missed week, don't beat yourself up or tell yourself you've failed or drop everything until Monday. Simply begin again.

Remember, you're not trying to prove that you're perfect, you're proving that you're becoming someone who votes for themselves, someone who keeps coming back to themselves, who no longer rejects who they are because life became difficult.

At the end of each day, take a quiet moment and ask yourself: **did I keep my promise today?** If the answer is yes, allow yourself to acknowledge it. Write down how you feel about keeping your promise to yourself:

If the answer is no, be curious rather than critical:

What got in the way?

What can I learn from today?

How can I make it easier to keep that promise tomorrow?

Then let it go without judgment, criticism, or blame.

Progress is not damaged by one missed opportunity. It's strengthened every time you begin again.

By the end of the week, you may notice that your healing habit may not feel quite so unfamiliar. It may require a less effort, less thought, less courage. That's the power of repetition.

One day, without even realising it, you'll find yourself doing naturally what once demanded conscious effort. That is the healing habit; a quiet accumulation, a life changed, one kept promise at a time.