

07.1 MY PERSONAL PROMISE

A promise can help you maintain personal boundaries and remain true to yourself, while also fostering focus and clarity. It assists your loved ones in understanding your position and expectations in life for yourself and them.

Take a moment to reflect on the insights gained from steps 1 through 6 and use them to craft your own personal promise.



07.2 MY PROMISE TO THE REST OF THE WORLD

By combining your personal promise with the insights gained, you can make a commitment to the world about what you will bring to it. Please, write your promise to the rest of the world.