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Keep Small Promises to Yourself



Build Trustworthiness

It may seem simple, but it's critical.

- Commit to something small & achievable.
 Like waking up 10 min. earlier or finishing a small task you've been putting off.
- Each time you keep that promise, you're not just building confidence—you're building trustworthiness.

On Honoring Self-Promises

One study from the
Journal of Personality and
Social Psychology found that
people who keep small
commitments are more likely to
keep larger ones in the future.

This is called the "commitment consistency principle," where keeping small promises creates a momentum that leads to greater achievements.

Hold Yourself Accountable

Reinforce Your Reliability

Self-accountability is a cornerstone of trustworthiness.

- It's easy to let things slide when no one's watching, but the truth is, you're watching. When you hold yourself to the same standards that you hold others to, you're reinforcing your own reliability.
- Enhance accountability using tools like journals or accountability partners as suggested in the *Temet Nosce* video.

On Self-Accountability

A study published in the American Journal of Lifestyle Medicine found that people who shared their goals with others were 33% more likely to achieve them.

It's a powerful way to create external accountability for your internal promises.

Reflect on Your Wins

Understand where you can grow Reflect on where you followed through.

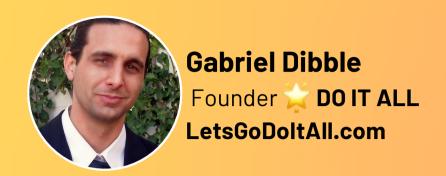


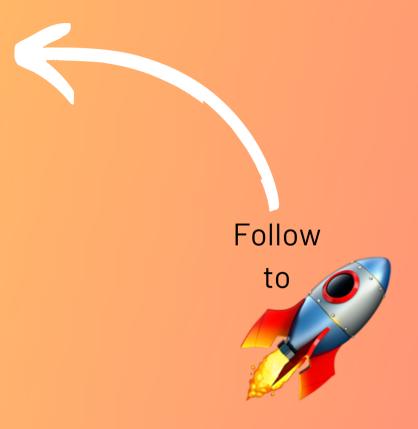
- This isn't about being hard on yourself for what you didn't do—it's about recognizing where you were trustworthy to yourself.
- Over time, that reflection builds confidence and helps you understand where you can continue to grow.

On Self-Reflection

According to a study from Harvard Business Review, self-reflection not only boosts confidence but also helps individuals better understand their strengths and areas for improvement.

This process leads to a greater sense of self-awareness and better decision-making in the future.





Start Building Your Foundation of Trust



Watch DO IT ALL's

Temet Nosce

podcast episode

on YouTube









Help Others