

THE SELF EMPOWERMENT PLEDGE

# RESPONSIBILITY

Monday's Promise

**I will take complete responsibility for my health, my happiness, my success, and my life, and will not blame others for my problems or predicaments.**



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# ACCOUNTABILITY

Tuesday's Promise

**I will not allow low self-esteem, self-limiting beliefs, or the negativity of others to prevent me from achieving my authentic goals and becoming the person I am meant to be.**



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# DETERMINATION

Wednesday's Promise

**I will do the things I'm afraid to do, but which I know should be done. Sometimes this will mean asking for help to do that which I cannot do by myself.**



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# CONTRIBUTION

Thursday's Promise

**I will earn the help I need in advance by helping other people now, and repay the help I receive by serving others later.**



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# RESILIENCE

Friday's Promise

**I will face rejection and failure with courage, awareness, and perseverance, making these experiences the platform for future acceptance and success.**



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# PERSPECTIVE

Saturday's Promise

**Though I might not understand why adversity happens, by my conscious choice I will find strength, compassion, and grace through my trials.**



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# FAITH

Sunday's Promise

**My faith and my  
gratitude for all that I  
have been blessed with  
will shine through in  
my attitudes and in my  
actions.**



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