

MY ACTIONS MATCH MY WORDS

Actions really do speak louder than words. I ensure that what I say corresponds with what I do.

I take my promises seriously. I graciously decline obligations that I am unable to fulfill. When I make a commitment, I follow through.

I think before I speak. Giving myself time to reflect helps me to become more responsible and considerate. I take into account my true feelings and the impact that my words have on others.

I investigate any conflicts that arise between the way I speak and the way I act. I evaluate my track record. Mistakes are bound to happen, but I always look for ways to better myself. I learn from my lapses and do better next time.

I earn the trust of others when I live up to my promises.

I take satisfaction in knowing that I am living according to my values. Everything I say becomes more beautiful and meaningful when my actions mirror my words. When I say I value my home, people can see how neat and orderly it is. When I tell someone I love them, they can see the time and effort I invest in our relationship.

Today, I pay attention to what comes out of my mouth. I am committed to being true to my word.

REFLECTION QUESTIONS

1

How can I ensure my actions align with my words and promises?

2

What steps can I take to reflect before speaking to ensure my commitments are realistic?

3

How does living up to my promises build trust and credibility with others?