

April 2019



# WELLSAID.

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## MY WORD: *keep commitments to yourself*

We all like to think of ourselves as trustworthy. When we make promises to another person, we don't want to let them down. Yet, most of us break commitments to ourselves for too often—and if we break commitments to ourselves, can we really be trusted?

Keeping our promises is key to experiencing life as we dream it can be. That's what empowers us to dream big, to grow into and occupy that dream, and then to outgrow that dream and dream even bigger dreams.

When you can rely on your word, you tap into your natural talent for correcting anything that prevents a clear line of communication between your intention and your action. That is the talent needed to break the back of excuse-making and procrastination.

When a person makes a habit of keeping his promises, he experiences

incorruptibility between his thoughts and his feelings. Furthermore, he finds providence moving in unexpected ways, supporting him with his aspirations and aims. Life can be delightfully surprising when we take responsibility for being purposeful with our promises.

### **3 Tips to Keep Self-Promises**

***Write It Down***—Be specific and sincere about what you are promising yourself. Know your why, envision the results, and be clear about the importance of this contract.

***Make it Visible***—Visibility leads to action: post-its, alarms, a special token, etc.

***Prepare and Plan***—Making an unprepared or unplanned commitment is self-sabotage. Be sure you line up the resources, the skills, and the necessary time you need before committing.

Reflect for a moment. Can you think of any particular self-promise that you've broken? Did you consider it as important as a contract? Did you have an action plan in place? Given your skills and resources at the time, did you simply promise yourself too much, too soon?

An important gain comes with enduring the discomfort of noticing your broken promises -- it offers you the opportunity to clean it up and create a more trusting relationship with yourself. Considering your promises as revered agreements, and taking your word seriously, gives you incredible focus and clarity.

Start small. Try thinking about *this* week or even just today. What can you commit to? Be realistic, keep your plans simple, and stick to it.

<https://welcoa.org> | <https://www.huffpost.com>

***You cannot conquer what you are not committed to.***

~T.D. Jakes

# WELLSAID.

CONTINUED

Just in time those April showers ...

## WINDSHIELD WIPERS



## GRILL VEGGIES LIKE A PRO

### SPEARS & SPHERES

2-3  
MINUTES  
A SIDE

### LEAVES & BUTTONS

3-4  
MINUTES  
A SIDE



### SLABS & STRIPS

5-6  
MINUTES  
A SIDE

### BULBS & WEDGES

6-7  
MINUTES  
A SIDE

## BE KIND, RANDOMLY

Send someone a thank you note	Compliment a stranger
Smile at everyone you see	Pick up litter
Do someone else's chore for them	Buy a coffee for someone.
Let someone go ahead of you in line	Drive courteously
Make an online recommendation	Donate to a local charity

KIND PEOPLE  
ARE MY  
KINDA PEOPLE



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