

8 promises to make
you feel good about
who you are and the
life you live



The Kindness Pact

Workbook

by Domonique Bertolucci



Congratulations!

Downloading The Kindness Pact Workbook is a brilliant first step towards putting the Eight Promises into practice in your life.

Over the following pages, I've summarised each of the Eight Promises into a further twelve insights to help consolidate all that you've learned.

Where you see  if you take just one idea away from this chapter, make sure that it is this one.

Where you see  this is an opportunity for you to be active in the way you implement this Promise into your life.

Finally, I've included my favourite words of wisdom from each chapter to motivate and inspire you to put that key into action in your life.

I would love to hear your feedback and how putting the Eight Promises into practice has impacted your life.

Get in touch at -- facebook.com/domoniquebertolucci

If you've enjoyed The Kindness Pact, you will love How to Be Happy... my new online workshop series.

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how to be... **Happy**
online workshop series

*You yourself,
as much as anybody in the entire universe,
deserve your love and affection.*



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Introducing the Eight Promises

The First Promise: Accept your imperfections

I am perfectly imperfect.

There is no such thing as perfection and yet so many people exhaust themselves and erode their confidence in the pursuit of it. When you accept your imperfections, you recognise you have strengths and weaknesses. You acknowledge that, like everyone else, you have many positive qualities but that you also have other, less positive ones ... and that's okay.

Once you have released yourself from the burden of perfectionism and accepted your imperfections, you are free to use your positive qualities to their fullest. You can also decide which of your less-than ideal qualities you would like to invest your energy in improving and which qualities everyone else will need to accept as 'part of the parcel'.

The Second Promise: Always do your best

I always do my best and my best is always good enough.

When you set impossible goals that you have no real chance of achieving, you are setting yourself up for failure; when you promise to always do your best you are able to have much more realistic expectations of yourself and what you can achieve. Your sense of self worth will no longer be dependent on outcomes and you will feel good about who you are regardless of what you have or haven't been able to achieve.

When you truly believe your best is good enough, you can accept that you are having a bad day, or feeling a bit ordinary, without this affecting the way you feel about yourself.



Introducing the Eight Promises

The Third Promise: Stop comparing yourself

I have no need to see myself as more or less than anyone else.

Whether it's your neighbours, celebrities or the people that you see on reality TV, comparing yourself to others will usually leave you feeling inadequate. Even if you find yourself thinking that you are better or superior in some way, this will only give your self esteem a short-term boost.

When you stop comparing yourself to others, the only person you will need to impress is yourself. You will be able to source your confidence from within and it will no longer be affected by anything anyone else says, does or has.

The Fourth Promise: Believe in your potential

I fully expect my life to be happy and rewarding.

Not only is worrying a big waste of energy, it also sends a clear message to your subconscious about your expectations in life. Instead of worrying about things that might never happen, when you believe in your potential, you are able to focus your attention and your efforts on making the things you do want your reality.

You don't have to be in denial about negative things that could happen, but once you've acknowledged your fears or the worst-case scenario, you are able to put them to the side and continue on towards the happy and rewarding future you know you deserve.



Introducing the Eight Promises

The Fifth Promise: Silence your inner critic

I only welcome thoughts that support and encourage me.

Think of yourself as the guardian of your self-esteem. The way you speak to yourself has a big bearing on how you feel about yourself; if you speak to yourself in a harsh, critical or belittling way, your confidence will wither, but if you silence your inner critic and never speak to yourself more harshly than you would to a small child, you will nurture your confidence and allow your self-esteem to flourish.

Changing the way you think takes practice, but while initially you might not be able to control every single thought you have, you will always be able to decide which ones you want to pay attention to.

The Sixth Promise: Challenge yourself

I am brave and willing to step outside of my comfort zone.

Confidence and self-belief are like muscles; you need to exercise them if you want them to grow stronger. One of the best ways to build these muscles is by stepping outside of your comfort zone. When you challenge yourself, you are telling your subconscious that you believe in yourself and that you are willing to back yourself in new circumstances and situations. Regardless of how you feel while doing something new, you will always feel great for having done it.

When you step outside of your comfort zone, take on a challenge or learn something new, you open yourself up to the added confidence boost of discovering that you are actually not so bad at something you never knew you could do.



Introducing the Eight Promises

The Seventh Promise: Stop making excuses

I take full responsibility for who I am and the life I lead.

Regardless of how it may look from afar, nobody is living the perfect life. What some people are better at than others is living their best life. If you are not living your best life, you need to examine not only the things that are getting in your way, but the reasons why you are letting them.

When you stop making excuses and start taking responsibility you are able to enjoy the things that are great about your life, while harbouring no illusions about what you need to change if you are to enjoy everything else.

The Eighth Promise: Love yourself

I always treat myself with love and respect.

If you want to feel good about who you are and the life you live, you need to make building your confidence and your self-belief a high priority.

Love yourself. Treat yourself with as much love and respect as you would your closest friend, be understanding and forgiving of your failings and, above all, be as kind to yourself as you are to the other important people in your life.

THE FIRST PROMISE



Accept your imperfections

I am perfectly imperfect.



1. Perfection is an unachievable goal. Nobody can be perfect ... not even you.
2. Learn to accept your flaws with love and grace.
3. You are good enough just as you are.
4. Perfectionism and self-confidence cannot coexist.
5. Decide what you want to be brilliant at and be okay with just being okay at the rest.
6. Perfectionism is the enemy of happiness.
7. The person you are, right here, right now, flaws and all is a worthwhile, valuable and valid human being.
8. Don't apologise for who you are or criticise yourself for who you are not.
9. You are not broken and you do not need to be fixed.
10. Think of self-improvement like polishing a diamond. You are already brilliant; you just need to learn how to shine.
11. If you strive for perfection you'll never be happy. If you focus on being happy, you won't care about being perfect.
12. Most strengths have a flip side. Learn to accept yours.

I am perfectly imperfect.



THE FIRST PROMISE

THE SECOND PROMISE



Always do your best

I always do my best and my best is always good enough.



1. There is a big difference between doing your best and needing to be the best.
2. Discovering room for improvement doesn't mean you didn't do your best. It just means that next time your best will be even better.
3. Don't be intimidated by someone else's achievements. Do your best and don't worry about the rest.
4. Don't set yourself up for failure before you even begin.
5. If you try to do the impossible, it will be impossible to succeed.
6. Be realistic about your resources and do the best you can with what you've got.
7. There is a big difference between a first-class effort and a foolish level of effort.
8. There are no gold medals to be won in the game of life.
9. You are good enough. FACT.
10. You are not a share on the stock market; your value is not determined by your performance.
11. As painful as it is, it really doesn't matter if you fall down. All that matters is how quickly you can dust yourself off and get back up again.
12. Life is not a battle to be won. It is a journey to be experienced.

*I always do my best and my best
is always good enough.*



THE SECOND PROMISE

THE THIRD PROMISE



Stop comparing yourself

I have no need to see myself as more or less than anyone else.



1. There is no upside to comparing yourself to others, only the downside of watching your confidence disappear.
2. In life there is always the good stuff and then there is the rest of it.
3. Remember, there is always more to the picture.
4. Comparing yourself to a celebrity is no different to comparing yourself to any other fictional character.
5. Comparing yourself to someone else won't make you feel good about yourself.
6. Don't believe everything you read, see or hear. It's usually only a small slice of the truth.
7. Thinking you are better than someone else will only make you feel good until it starts to feel bad.
8. Enjoying the misfortune of others is toxic to your self-esteem.
9. Understand the difference between humility and inferiority. One will nurture your self-esteem and the other will destroy it.
10. Being able to laugh at yourself enhances your confidence. Mocking yourself erodes it.
11. The fact that someone else has what you want is not cause for complaint. It is proof that it is possible and cause for celebration.
12. Instead of comparing yourself and finding yourself wanting, count your blessings and remember all that you have to be grateful for.

Stop comparing yourself

I have no need to see myself as more or less than anyone else.



Value yourself for who you are and not how you compare to someone else. Whenever you find yourself thinking you are better or worse than someone, remind yourself all that matters is how good you feel about yourself. Make the commitment to stop comparing yourself to others and source your confidence from within.



Instead of comparing yourself to others and finding yourself wanting, get into the habit of counting your blessings. Make a list of all the things you are grateful for in your life. Start with a target of 10-15 items and then add to it regularly (at least once each week). Keep this *gratitude journal* close to hand and read over it when ever you feel down or less than in anyway.

N.B. Your list doesn't need to be limited to big things. You can include anything you like e.g. *The sun was shining when I got off my train, I found ten dollars in the pocket of my jeans, my children are happy and healthy, I got over my cold quickly* and so on.

*I have no need to see myself as
more or less than anyone else.*



THE THIRD PROMISE

THE FOURTH PROMISE



Believe in your potential

I fully expect my life to be happy and rewarding.



1. If you can do something about it, do it. If you can't, let it go.
2. Being prepared is the best investment you can make in your future.
3. Worry is not a sign of love. It is a symptom of fear.
4. Don't worry about what everyone else thinks. Have confidence in your ability to make the right decision for you.
5. One of the most powerful questions you can ask yourself is 'What will I do differently next time?'
6. Everyone makes mistakes. Learn from yours and then move on.
7. Understand the risks, but focus on your reward.
8. When you focus on what you want you exponentially increase your chance of getting it.
9. You choose your experience.
10. Expect your life to be happy and it will be.
11. Don't allow your negative feelings to hold the power in your life.
12. Decide what you want your future to be like, then put your effort and your intentions into making it your reality.

Believe in your potential

I fully expect my life to be happy and rewarding.



Believe you are going to have a happy and rewarding life. Whenever you find yourself worrying about the future, remind yourself to focus on what you do want and stop worrying about what you don't. Make the commitment to *believe in your potential* and expect nothing but the best from your life.



Make a list of all the things you are currently worried or concerned about. Mark each item with either an 'I' for the things you can influence and an 'A' for the things you have no control over and unfortunately just need to accept. For each item marked 'I' make a note of how you can influence or affect the situation to give yourself the best change of getting the outcome you desire.

N.B. If there are things you are concerned about but can't influence, make the decision to accept your fears but not indulge them. Instead, focus your thoughts and energy on the outcome you are hoping for.

*I fully expect my life to be
happy and rewarding.*



THE FOURTH PROMISE

THE FIFTH PROMISE



Silence your inner critic

I only welcome thoughts that support and encourage me.



1. Never speak to yourself more harshly than you would to a small child.
2. Become your own best friend.
3. Your inner dialogue is based on fiction. It's time to rewrite the story.
4. If you want to feel like a winner, you need to learn how to cheer yourself on.
5. You are an amazing person, a complex mix of qualities and characteristics unique to you. There is nobody else in the world quite like you.
6. You can't expect to feel good about yourself if you focus on what is bad.
7. Don't be afraid to be proud of who you are. Authentic confidence is never boastful or conceited.
8. Change your thoughts and your feelings will follow.
9. The fastest way to change your life is to change the way you think about it.
10. If you want to achieve it, you need to believe it.
11. If you want to do something differently, you need to start by thinking about it differently.
12. Don't let your failure in the past get in the way of your success in the future.

Silence your inner critic

I only welcome thoughts that support and encourage me.



Protect your self-esteem from the negative voices inside your head. Instead of berating yourself or putting yourself down, treat yourself like you would your best friend. Make the commitment to *silence your inner critic* and only welcome thoughts that support and encourage you.



Think about your three most common self-criticisms or the negative things the voice in your head is always telling you. Now write three affirmations; statements that are positive, present tense and personal to reflect the perspective or opinion you would like your sub-conscious to hold.

N.B. It doesn't matter whether or not you believe your affirmations. All that matters is you repeat them, and continue to repeat them until these become your subconscious mind's default thoughts.

*I only welcome thoughts that
support and encourage me.*



THE FIFTH PROMISE

THE SIXTH PROMISE



Challenge yourself

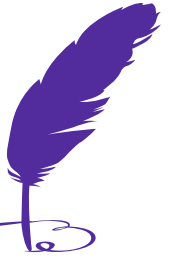
I am brave and willing to step outside of my comfort zone.



1. Learn to believe in yourself the way a child does. Unconditionally.
2. Stop saying 'I can't'. You can ... if you want to.
3. There is no such thing as a good or bad feeling. All that matters is the power you give them.
4. When you challenge yourself, you send a strong message to your subconscious. You are saying, 'I am worth the risk'.
5. If you don't change anything, nothing changes.
6. Don't let your feelings stand in your way.
7. You don't need to go into battle with your fears. They don't need to be defeated. You just need to own up to them and then let them go.
8. Be brave. Face your fears and then carry on regardless.
9. One of the bravest things you can do is stand up for yourself and what you believe in.
10. Don't be afraid to ask for what you need. You deserve it.
11. Decide whose opinion matters and stop worrying about everyone else.
12. When you do the right thing, regardless of how you feel while doing it, you will always feel good for having done it.

Challenge yourself

I am brave and willing to step outside of my comfort zone.



You need to actively build up your confidence. Decide to be brave and step outside of your comfort zone. Try new things and tell your subconscious that you are worth the risk. Make the commitment to *challenge yourself* and watch your confidence level soar.



Think of one thing you can do that will take you out of your comfort zone. Examine all your feelings about this action or activity and make a note of them in emotionally neutral language. If you can live with your negative feelings or fears then make a commitment to undertaking this action or activity as soon as possible.

N.B If, when you explore your negative thoughts, feelings or fears, something comes up for you that you are not comfortable to accept or willing to face, don't beat yourself up. Simply put that action to the side for now and choose another way to step outside of your comfort zone.

*I am brave and willing to
step outside of my comfort zone.*



THE SIXTH PROMISE

THE SEVENTH PROMISE



Stop making excuses

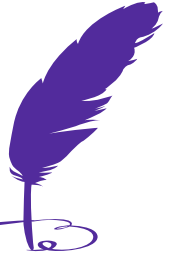
I take full responsibility for who I am and the life I lead.



1. You don't need to be cruel to be kind, but you do need to be honest.
2. Be realistic about what you intend to do and honest about what you are able to do.
3. When you commit to yourself and your intentions, the message you send yourself is 'I am worth this effort'.
4. Taking responsibility for your life is liberating.
5. Nobody's life is perfect. What looks like perfection from afar is usually the result of hard work and commitment.
6. Decide to live your best life and then do whatever you need to do to make it happen.
7. Don't let your past define your future.
8. At any point you can decide how you want the story of your future to be told.
9. Taking responsibility is about acting with courage and integrity.
10. You need to be honest with yourself if you want to create the future you deserve.
11. When your desire for change is authentic, you will have all the motivation you need.
12. Don't confuse your dreams and your fantasies. A fantasy is something you enjoy thinking about. A dream is something you are willing to do something about.

Stop making excuses

I take full responsibility for who I am and the life I lead.



Take responsibility for who you are and the life you live. Don't let fear get in your way and remember that nobody else's life is perfect either. Make the commitment to *stop making excuses* and make *your best life* your reality.



Think about a goal you set in the past that you didn't achieve. Recall the feelings you had prior to setting this goal, while attempting this goal and after you realised you were not going to achieve your goal. Make a note of what was 'missing' that prevented you from achieving your goal and what would need to change to increase your chances of success, if you attempted this goal again.

N.B. Don't worry if, while working on this exercise, you discover it was the goal itself that was wrong. You will save yourself a whole lot of time and energy in knowing that you don't need to attempt it again!

*I take full responsibility for
who I am and the life I lead.*



THE SEVENTH PROMISE

THE EIGHTH PROMISE



Love yourself

I always treat myself with love and respect.



1. The better you take care of yourself, the better you are able to take care of the other important people in your life.
2. Prioritising your needs doesn't make you selfish, it makes you self-ist.
3. Asking for help is a sign of strength, not weakness.
4. Focus on your values and let everything else fall into place.
5. Gratitude for what you have is one of the greatest gifts you can give yourself.
6. End each day with gratitude for today and goodwill toward tomorrow.
7. Learn to love yourself unconditionally.
8. Forgive yourself for what you have done or have failed to do.
9. Stand up for yourself and teach people how you want to be treated.
10. If you want to be respected, you need to ask for what you want and explain exactly what you need.
11. Confidence comes from within. You can't find it in the eyes of someone else.
12. Fall in love with yourself; it's the best relationship you will ever have.

*I always treat myself with
love and respect.*



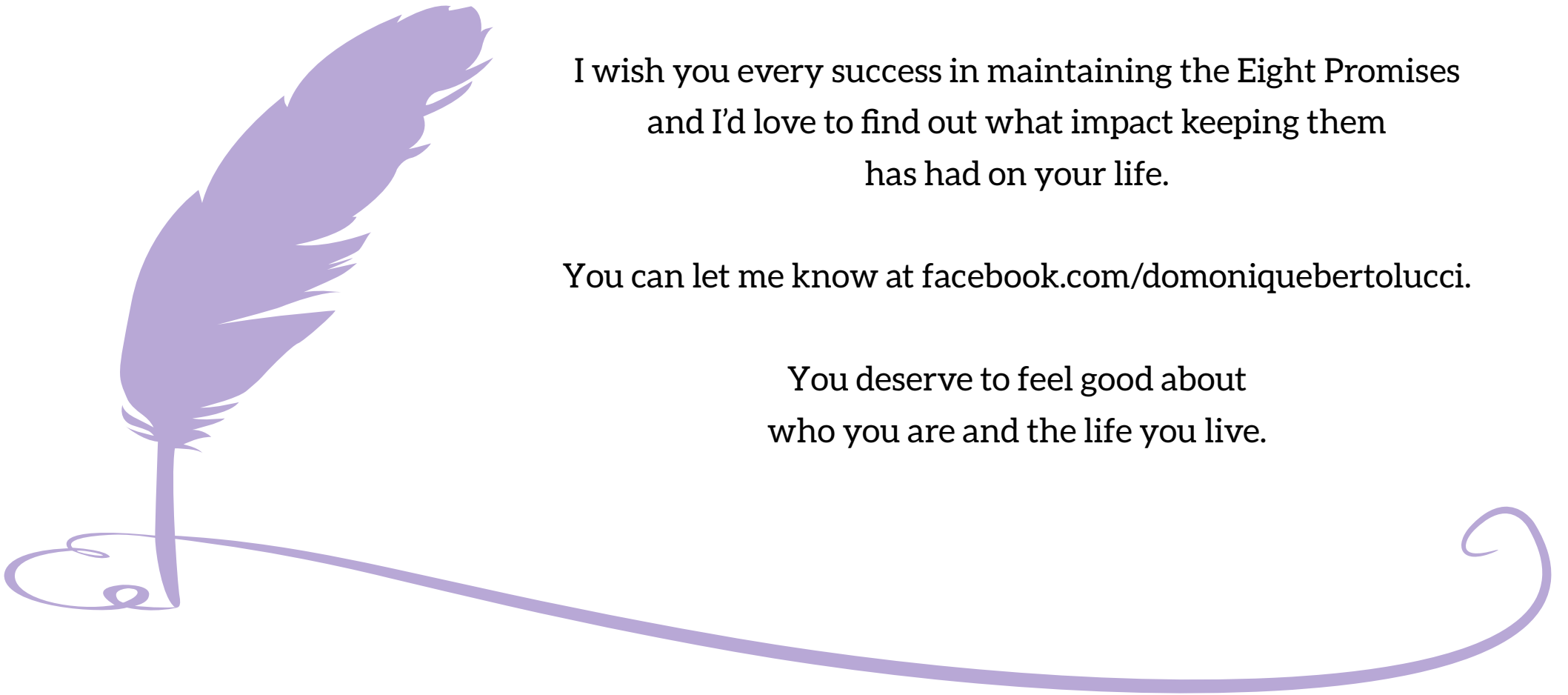
THE EIGHTH PROMISE

When you keep the Eight Promises,
you will finally know how to treat yourself
with the same kindness, love and respect
that you show the other important people in your life.

I wish you every success in maintaining the Eight Promises
and I'd love to find out what impact keeping them
has had on your life.

You can let me know at [facebook.com/domoniquebertolucci](https://www.facebook.com/domoniquebertolucci).

You deserve to feel good about
who you are and the life you live.



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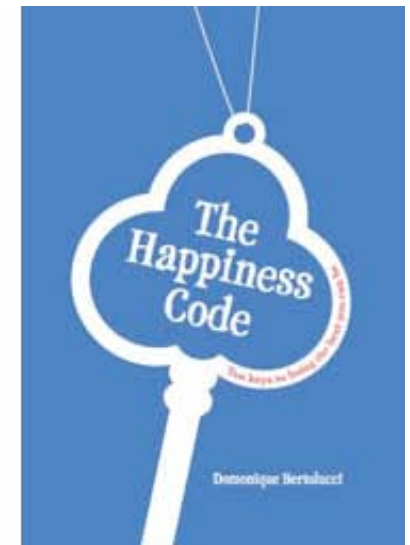
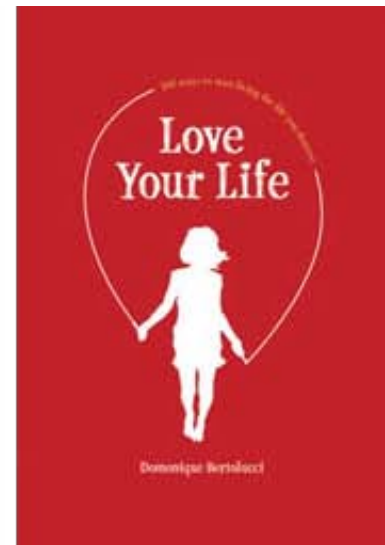
HOW TO BE A HAPPY COUPLE
Stay in love with the one you love



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