



Most people are terribly unkind to themselves. They make harsh judgements, engage in endless self-criticism and are unforgiving of even the smallest of failings ... and then wonder why they don't feel so great about themselves.

From the best-selling author of *The Happiness Code* comes *The Kindness Pact*: the answer to feeling good about who you are and the life you live.

Its eight promises will show you how to be as kind to yourself as you are to the other important people in your life. When you keep the Pact, you will build your confidence, nurture your self-esteem and have more energy to do what you want to do and be who you want to be.



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INSPIRATION



The Kindness Pact
Domonique Bertolucci

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



The Kindness Pact

Domonique Bertolucci

Published in 2014 by Hardie Grant Books

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A Cataloguing-in-Publication entry is available from the catalogue of the National Library of Australia at www.nla.gov.au

The Kindness Pact
ISBN 978 1 74270 859 1

Cover design by Kinart
Typeset in Plantin Light 10.75/16 pt by Cannon Typesetting
Printed and bound in China by 1010 Printing International Limited

For Sophia and Tobias

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

Gautama Buddha

Have you ever wondered why some people seem to breeze through life, enjoying themselves and taking everything in their stride, and yet others spend all their time worrying about this and agonising over that? Why does self-confidence come so easily to some people? And how can you make sure it comes easily to you?

Confidence comes from within.

So many people are looking outside themselves for ways to feel good on the inside. They think self-confidence will come from doing this, having that or looking a certain way. The reality is, although they

Preface



are the only person who can build their confidence up, the way they think and act is doing nothing but tearing it down.

The first seeds for this book were planted a few years ago when I was walking in the park and observed a scene that left me feeling quite uncomfortable. A young boy of perhaps six or seven had climbed a tree and gone beyond the height he was confident to get back down from. I couldn't help but overhear his mother berate him for his lack of courage. 'Don't be so pathetic.' 'You really are being stupid.' 'What a wimp you're being.' 'You really are useless.' On and on she went as the little boy cried in fear and humiliation. Eventually, much to my relief, a companion stepped in and helped this little boy down from the tree, his self-confidence destroyed and belief in his tree-climbing potential in tatters.

I felt ill at both the words I'd heard and the hostility with which they were spoken, and I couldn't begin to imagine the impact they'd had on the person they had been directed at. At the same time the words this mother spoke had an unpleasant familiarity to them because, while most people would agree this woman had handled the situation with her son badly and

recognise that the way she spoke is no way to get the best out of a child, the words she used were the very same words I had heard countless people, both in my professional and personal life, use to berate or belittle their own efforts.

When you interact with a child, you are, in that moment, the guardian of their self-esteem. But as an adult, you are the guardian of your own. No-one can nurture and protect your confidence and self-belief except you.



*You are the guardian of your self-esteem.
Guard it vigilantly.*



Introducing the Eight Promises



It's been many years since I wrote my first book, *Your Best Life: The ultimate guide to creating the life you want*. While I'm still very proud of it and think it's the perfect guide to getting what you want from life, over the years I've realised that there is something just as important as, if not more important than, achieving your goals: feeling good about yourself regardless.

Feeling good about who you are and the life you live shouldn't depend on a specific outcome, yet all too often I hear people put themselves down or beat themselves up because they haven't done this or got that. Your confidence shouldn't be dependent on the goals you have achieved, nor should it be dependent on the feedback you get from others, your dress size or the amount in your bank account.

Building and maintaining your confidence and self-worth is something that has to come from within

and yet the truth is, most people are terribly unkind to themselves. They make harsh judgements, engage in endless self-criticism and are unforgiving of even the smallest of failings ... and then wonder why they don't feel so great about themselves.

At the same time these people are often loving and kind parents, generous and encouraging friends, and supportive and committed colleagues. They give everyone else their best, only to give themselves their worst.

When I share this observation with people, the first thing they invariably try to do is explain why their self-criticism or negative self-talk is valid. Catching themselves in this act of *confidence sabotage*, the penny slowly drops.

But if your self-confidence isn't based on what you've got or what you've done, how do you build and maintain it?

The answer is deceptively simple. Make the commitment to treat yourself with the same kindness you show the other important people in your life.

The key to feeling good about who you are and the life you live is built on this pact – the **Eight Promises**. Each chapter of this book represents a different

promise and explains the role it plays in building and maintaining your confidence and self-belief.

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.

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.

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.

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.



When you commit to the **Eight Promises**, your life you will no longer be burdened with anxiety, doubt or insecurity and instead you will feel good about who you are and the life you live. Not just some of the time, but all of the time.

If you would like to learn even more about the **Eight Promises** and how to change the way you feel about who you are and the life you live, you can download *The Kindness Pact Workbook*, full of exercises, ideas and inspiration, free from domoniquebertolucci.com.

THE FIRST PROMISE



Accept your imperfections

I am perfectly imperfect.



You are good enough.

Feeling good about who you are and the life you live begins with your acceptance of yourself. You don't need to wait until you are perfect; you are good enough just as you are.

As you read that statement, how did you respond? Did you start making excuses for why it couldn't possibly be true? Did you immediately launch into a list of reasons why you're not good enough and things you need to change about yourself, improve or work on?

For so many people, the desire to be perfect is so ingrained that they don't even realise it is something they are pursuing. For others, being perfect or the acute recognition of exactly how far they are from this desired state fills their every waking moment with disappointment and frustration in themselves.



*Perfection is an unachievable goal.
Nobody can be perfect ... not even you.*



Breaking out of this cycle of confidence sabotage requires a new way of thinking – a way of thinking that leads to a healthier, confidence-enhancing relationship with yourself. When you embrace the Kindness Pact, you make the commitment to treat yourself with the same kindness, compassion and respect as you do the other important people in your life. Do you expect your friends, your partner, your boss, your colleagues, your children or your parents to be perfect? I doubt it very much. Of course they

will have flaws that will annoy you, frustrate you or downright drive you insane, but for the most part, consciously or subconsciously, you will have accepted this as a part of who they are.

When my husband and I first began living together, which seems like forever ago, I noticed at the end of each day he would relax on the sofa and take off his socks ... and leave them there! If I didn't pick them up, by the end of the week, there would be seven pairs of socks piled up by the side of the sofa. I wish I was exaggerating, but I'm not. Now, my husband is a modern man; he doesn't expect me to wait on him hand and foot, he doesn't wreak havoc wherever he goes – he's actually generally tidy. He's a hands-on-dad, nappies have never scared him and he is the perfect partner in so many things ... except when it comes to socks.

Now, most people who are reading this (except for the true neat-freaks amongst you) are probably thinking something along the lines of, 'Yeah, but it's just a couple of pairs of socks; he sounds like a pretty good catch to me.' My thoughts exactly. And exactly my point. We don't expect the people in our lives to be perfect. As intelligent adults, we know it

is unreasonable to expect the people in our lives to be perfect. As frustrating as it can sometimes be, we know the people in our lives will have a whole range of qualities: some we like, a few we really don't like and many that we are indifferent about.

Like it or not, we know we have to accept these flaws as 'part of the whole package'. Some things are easier to accept – I'm sure I'll be telling the story about the socks at our 50th wedding anniversary – and others are much tougher. But, except for truly heinous character flaws, accept them we know we must.



It is no less unreasonable to expect yourself to be perfect than it is to expect perfection from the people you love.



And yet so rarely do people offer themselves the same generosity. In my work, and for that matter my day-to-day conversations, I hear people beat themselves up over all manner of things, often

directing the same ferocity to ordinary stuff-ups and minor foibles as they do major mistakes, and with no sign of the kindness and acceptance they would show the other people they value in their lives. It is unreasonable to expect the people you love to be perfect and it is equally unreasonable to expect perfection of yourself.

If you want to feel good about yourself and develop the kind of self-esteem that is robust enough to withstand the challenges that may be thrown at you in life, you need to recognise many of the things you perceive as flaws as an intrinsic part of who you are.



Learn to accept your flaws with love and grace.



If one of your closest friends was asked to describe you, do you know what they would they say? If they were feeling particularly honest, they might include one or two of your flaws, but by and large their

description would focus on your positive qualities and all the reasons they have chosen to be your friend. Likewise, if you were asked to describe one of your closest friends I am sure you would respond in much the same way.

Treat yourself as your own best friend. Nurture and protect your self-esteem by focussing on your positive qualities and accepting that, while you might have a few less-than-positive ones, these really are a 'part of the parcel' of being you.

You are good enough just as you are. Your confidence and self-belief are dependent on your acceptance of this statement as fact. This isn't just true for some people; it's true for everyone. Gwyneth Paltrow, Academy Award-winning actress and founder of the popular website GOOP.com, admitted to *InStyle* that accepting herself as she is, and for who she is, is something she is still learning how to do: 'I'm hard on myself, so I'm working on shifting perspective toward self-acceptance, with all my flaws and weaknesses.'

The very concept of self-acceptance can be an overwhelming idea for so many people. As you read this statement, many thoughts and feelings may be presenting themselves to you. You might be thinking,

'If I'm not perfect, then what will I be?' 'If there is nothing wrong with me, then why is my life not perfect?'

But the reason your life isn't perfect is because there is no such thing as 'perfect'. Perfectionism is an unachievable goal. Nobody can be perfect ... not even you.



You are good enough just as you are.



Finally coming to this realisation and accepting that you will never be perfect can be an incredibly liberating experience.

The quest for perfection is a lost cause. It's entirely subjective and completely unachievable. You don't need to be perfect to be a good person. The *you* that you are right now is good enough.

When you are a motivated person, someone who likes to do things well or who has ambitions for their life, it's easy to think that not only do you have to give 150 per cent effort, you need to give *everything* 150 per cent effort. You don't.

If you try to be perfect at everything you do, not only will you fail, you'll be placing yourself under enormous pressure and stress. And to what end? So you can be brilliant at things that, when it comes down to it, don't really even matter to you?



*Perfectionism and self-confidence
cannot coexist.*



Of course there are some things that it is important you excel at. For me, this list includes things like the kind of parent I am to my children and partner I am to my husband; the kind of environment I create for my family; and the quality of support I provide as a friend. It's very important that I do a great job at sharing my thoughts and ideas in things like this book and in the programs and courses I run at domoniquebertolucci.com. I don't need to be perfect at these things, but I really do want to do them brilliantly.

But these are not the only things I do with my time. Like most people, if I let myself, I can be pulled

into a million different directions at once, asked to participate in one hundred and one different initiatives and be drowned by admin, paperwork and the other minutiae of day-to-day life. The difference is, I know I don't need to be perfect at all of these things. The honest truth is that for most of it, it doesn't even matter if I'm particularly good. I'm not saying I'm careless, sloppy or slapdash. Simply that I choose a few things that I want to excel at and accept that I may never be more than average at the rest.



*Decide what you want to be brilliant at and
be okay with just being okay at the rest.*



The list above is just my list and yours may be entirely different. You may want to excel at your career, enjoy peak fitness and have the most stylish and stunning wardrobe. Or it could be that you choose to focus on your family, your community and your garden and can happily let the rest take

care of itself. The important thing to remember is that you don't have to be perfect at anything, let alone try to be perfect at everything.

Instead of judging yourself for what you can or can't do, appreciate the commitment you make and the effort you take with the things that are important to you.

Some people pursue perfection – the perfect job, perfect relationship, perfect home or perfect body – in the hope that it will make them feel good about themselves; make them happy. In fact, the opposite is true. For as long as you try to be perfect, you will always fall short of your expectations. Whenever you feel that you have been less than you could have been, no matter how unrealistic those expectations might have been, you create an emotional experience where you feel inadequate, inferior or *less than*, a state that actively erodes your confidence and self-esteem.

My client Susan had spent her whole life trying to be perfect, whether it was getting top grades when she was a student, earning accolades at work or getting back into her size-eight jeans after her children were born. Susan had all but exhausted herself trying to do it all, be it all and have it all.



Perfectionism is the enemy of happiness.



As the years passed it became harder and harder to maintain this veneer of perfection. With 5.30 am gym workouts and midnight bake-sale cooking sessions, it was clear to everyone around her that she was heading for a serious case of burnout. I expressed my concerns to Susan, but she wasn't ready to listen.

Seeking perfection is a vicious cycle. You don't believe you are good enough as you are, so you try to be perfect. Perfection is impossible to achieve, so you fail to do or be all that you set out to be. Having failed, you don't feel so good about yourself and on the downward spiral goes.

Susan's exhaustion finally caught up with her. She found herself in bed for a week with a nasty case of pneumonia. She began the week feeling anxious, emotional and seriously stressed out, but as it progressed she found herself relaxing and actually enjoying the fact that her doctor had ordered her to do nothing.

From her new calm perspective, Susan could see that her children had been fed and homework had been done. Her colleagues had pitched in and her workload had been shared around. Rodents hadn't taken over her home. Sure, her daughter hadn't gone to school with perfect braids and her son had attended football training with mismatched socks. The report she had been working on hadn't included all the information she would've included. But even from her sickbed, Susan could see that these things didn't really matter ... not in the greater scheme of things.



*The person you are, right here,
right now, flaws and all is a worthwhile,
valuable and valid human being.*



Returning to work with a promise to her doctor to take it easy, Susan made another promise, this time to herself. From now on, she was going to give her best efforts to the things that really mattered and was

no longer going to exhaust herself trying to be perfect at the rest.

The easiest way to escape the debilitating nature of perfectionism is to remind yourself that *you are good enough*.

No-one is saying that there aren't things you could improve or that your character is flawless. But if you never become a better person than you are today – thinner, richer, healthier, smarter, more committed, more efficient, more dedicated, less impatient, less stubborn – if none of this ever changes, you will still be just fine as you are.

This doesn't mean that there isn't room for improvement or that you can't continue to grow and develop as a person; simply that the person you are today is good enough. You. Are. Good. Enough.

This can be hard to remember. We live in a society where we are bombarded by messages and images from the media designed precisely to make us feel like we are *less than* or not good enough in some way, in their attempt to make us think if we just got some of whatever it is they are selling our lives would be better and we would be one very significant step closer to our holy grail of perfection.

Listen to your inner dialogue and you will be surprised how many times you find you are either trying to be perfect or apologising because you're not. It is so unnecessary. You don't criticise your friends and loved ones for failing to meet some idealistic version of perfection, so why should you criticise yourself in that way?



*Don't apologise for who you are
or criticise yourself for who you are not.*



There is a big difference between accepting your imperfections and not wanting to improve yourself or grow as a person. I am a passionate believer in lifelong learning, and a part of my quest is to continually discover how to be a better version of myself, whether that means expanding my knowledge and learning new things, taking on a new physical challenge or getting a better understanding of my thoughts and my feelings so I can have even better-quality relationships.

I wholeheartedly encourage the desire to improve and grow, but it must come from a healthy place, where you recognise all your positive qualities and seek to develop as a person, not one where you make a huge list of all the ways you fall short and then systematically try to perfect yourself.



*You are not broken
and you do not need to be fixed.*



In my work as a coach I've seen so many people take low self-esteem and perfectionism and dress it up as an interest in self-help and personal improvement. You are not helping yourself if you use this information to make yourself feel bad or as if you are lost, failing or inadequate in some way. The thirst for knowledge is a wonderful thing. Quench yours, but be clear about what you are drinking and why.

Some sceptics might scoff that here I am, a 'self-help' author myself, writing about not becoming addicted to self-help. But, as an alcohol manufacturer

must put a ‘drink responsibly’ label on their bottles, I am making an ‘improve responsibly’ declaration on behalf of myself and my peers. I always remind my clients to put their strengths at the top of their mind and to focus on how they can develop and further enhance their positive qualities before looking at ways they can improve anything else.

When thinking about the things that you do want to improve, first make sure that your goals are reasonable and that you are not trying to be perfect or set yourself up to some exacting standard. Then ask yourself if improving this part of your life is really important to you ... because if it doesn’t really matter, why bother? And, finally, ask yourself what life would be like if you didn’t change this part of your life at all.

While there might be things you would like to improve or change about yourself, remind yourself that it doesn’t mean that there is anything wrong with the current version. Think of it like a software upgrade. The old version of Word works just fine; the newer version has just had a few tweaks and a couple of fancy new tricks added.

Once you are clear that you really do want to make positive changes in your life and make them for

the best possible reasons, you can begin your quest, confident in the knowledge that you are enhancing your true self, not eroding your self-esteem.



Think of self-improvement like polishing a diamond. You are already brilliant; you just need to learn how to shine.



Not every experience in a full, well-lived life is going to be a beautiful one. Not every feeling is going to be a loving one and not every aspect of a person is going to be a lovely one. As a whole person, a living breathing human being, not a two-dimensional character created by an advertising agency or movie company, you are multi-faceted. Some of those facets will be brilliant and others less so.

The answer is to learn to love yourself for who you are and all that you are, the good, the bad, the weak, the strong, the ugly and the beautiful. Some experiences in life are uplifting and others will make you positively miserable. Anger is a healthy part of

life and a good cry usually comes with puffy eyes and a runny nose (and for some reason in my case, swollen lips). These are not the most beautiful parts of ourselves or our experiences, but that doesn't make them any less important.

Likewise, when it comes to an assessment of our character or personal qualities, they won't all be wonderful; we've all done things we're embarrassed about, said things we shouldn't have and been less than our best selves in one way or another. You wouldn't be human if that wasn't the case. But rather than beat yourself up, take some time to understand what triggered your behaviour, how you can learn from it or prevent it in the future, and whether or not you need to make an apology. Once you've done that, you can let it go. There is nothing to be gained by agonising over your mistakes and kicking yourself for things that you have gotten wrong or should have done differently. Learn your lessons and move on.

If you find yourself making the same mistake over and over, this still doesn't make you a bad person. It just means you are not learning as quickly as you might. Accepting your imperfections doesn't mean you allow them to run rampant. If you find that some

of your character traits, habits or behaviours are less than desirable and that you really would benefit from conquering them, this is most definitely what you should aim to do. Just know that it doesn't mean you are a bad person who is trying to be good; you simply have attributes or qualities you would like to work on and improve.



If you strive for perfection you'll never be happy. If you focus on being happy, you won't care about being perfect.



Frank was a great salesman. In the competitive world of pharmaceutical sales his persistence, drive and determination stood him in good stead and he was consistently one of the top performers in his company. Frank knew that the answer to closing the deal was not to take no for an answer and instead to repackage or reposition his offer until it hit the mark with his client. He was comfortable with this approach and confident that it worked well for him ... at least it did at work.



Most strengths have a flip side.

Learn to accept yours.



In his personal life, Frank was feeling unhappy and confused. He had separated from his wife the year before and, although he had dated a number of women, now that his divorce was finalised he was once again looking for a serious relationship.

He had been on a couple of first dates but each time he had proposed a second date Frank had been turned down. To someone who wasn't used to taking no for an answer, being on the receiving end of rejection was quite a shock and his confidence had taken a beating.

As I asked Frank to tell me a little bit more about these first dates it quickly became obvious where he was going wrong. Frank had approached these dates in much the same way he did a meeting at work. Although he had attempted to be charming and complimentary, what was successful in a sales meeting

was coming across as overbearing, insistent and pushy over dinner for two.

When Frank first realised exactly how he had been going wrong he was embarrassed and told me he felt like a fool. Of course he wasn't a fool, but he did need to learn that what was a strength for him at work was not serving him well in his personal life, and that the flip side to being a great salesperson meant that he was often in 'sales mode' even when it wasn't appropriate.

Frank and I talked about how his other good qualities, like being quick to put someone at ease, being willing to laugh at himself and being thoughtful and considerate, would be more helpful qualities to call on when he was out on a date.

Frank went on a few more first dates. But this time he met a woman where the chemistry felt right, and his companion accepted his invitation to a second date, a third date and many more after that.

So often it is our very strengths that lead directly to our less-than-strong points. (I'm really not a fan of the term 'weakness' ... unless we're talking about my weakness for chocolate fondant!) The outgoing person can become overwhelming, the strong leader is sometimes bossy, the highly organised person

occasionally micro-manages, the nurturer becomes overly emotional and the person with an attention to detail finds themselves nitpicking over everything.

Instead of thinking of yourself as having strengths and weaknesses, think about your positive qualities, each of which has its own flip side. Once you realise that many of the things you are not so keen on about yourself are a direct or indirect result of the things you don't mind so much or even quite like, it becomes much easier to accept and even embrace your imperfections as an intrinsic part of what makes you you.



The **First Promise** is all about accepting yourself for who you are, in all your imperfect glory. Any time you find yourself striving for perfection, remind yourself that you are good enough exactly as you are. *Accept your imperfections* and commit to appreciating all of the qualities that make you you.

CONCLUSION



Keeping the Pact

Applying the Eight Promises to your life

I hope you've found *The Kindness Pact* to be an exciting and inspiring discovery. Perhaps on some level it has been liberating to realise that your self-belief does not come from what you've got or what you've done, but the way that you treat yourself, and that knowing this releases you from the expectation that your confidence will come *one day* and allows you to feel good about yourself *today*.

Don't let this book get dusty. Keep it close by and know that if ever you are feeling insecure, vulnerable or unsure of yourself, the remedy lies in one of the **Eight Promises**.

If you would like to learn more about *The Kindness Pact* and how to keep the **Eight Promises**, visit domoniquebertolucci.com where you can download and work through *The Kindness Pact Workbook* and get

free video training on how to get the life you want and love the life you've got.

Reading this book is just the beginning. It's now time to make your commitments to yourself. When you make *The Kindness Pact*, you promise to:

- stop trying to be perfect and accept yourself for who you are, as you are
- recognise that not only is your best good enough, you are good enough
- give up comparing yourself to people you know, people you used to know and people you've never met
- expect good things to come your way and stop worrying about the few occasions when they won't
- become your own best friend and only ever speak to yourself in an encouraging and supportive way
- stop saying 'I can't' and instead step outside of your comfort zone regularly
- take responsibility for who you are and what you want from life

- love yourself and make building and maintaining your confidence and self-esteem a high priority in your life.

Most importantly, by keeping 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 they have 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**.*



About the Author



Domonique Bertolucci is the best-selling author of *The Happiness Code: 10 keys to being the best you can be*, and the closely guarded secret behind some of the country's most successful people.

Passionate about the getting the life you want *and* loving the life you've got, Domonique has a client list that reads like a who's who of CEOs and business identities, award-winning entrepreneurs and celebrities, and her workshops and online courses are attended by people from all walks of life, from all around the world.

Domonique helps her clients define their personal happiness prescription and then shows them exactly how to make it their reality.

Since writing her first book, *Your Best Life*, in 2006, Domonique has become Australia's most popular life strategist and happiness coach. More than ten million people have seen, read or heard her advice.

Domonique lives in Sydney, but her reach is truly global. In addition to her Australian clients, she has coached people in London, Amsterdam, Paris, New York, Toronto, Singapore and Hong Kong. Her weekly newsletter *Love Your Life* has readers in more than sixty countries.

When she is not working, Domonique's favourite ways to spend her time are with her husband and two children, reading a good book, and keeping up the great Italian tradition of feeding the people that you love.

Keep in touch with Domonique at:
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Find out about her courses and workshops:
domoniquebertolucci.com/you-me
howtobehappyseries.com
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