

A Listing of Some Healthy Life Commitments [HLCs]

Reflect for a moment on healthy ways of thinking about oneself. What kind of life outcomes will eventually emerge in a person's life that consistently embraces a few or many of the following healthy life commitments or life-enhancing beliefs?

"Everyday I welcome new challenges in my life."

"No one is a stranger to me, only a new friend I have not met yet."

"I welcome authority figures into my life, knowing I can learn from them."

"Everyday I affirm my life as a special gift abundant with unconditional love from God."

"Seeking the truth about myself wherever it may lead enables me to claim my commonness and equality with all persons."

"My commitment of let peace begin with me empowers me to accept differences, negotiate conflicts and experience reconciliations."

"I am increasingly becoming more understanding, tolerant, patient and forgiving of myself and others."

I am living all of my life from hour to hour being only for persons, things and our planet. "

"Regularly I present myself to God for healing, renewal and growth of my mind, body and spirit."

"Increasing self-discipline is entering into my life -- easily and effortlessly."

"Meaningful and intimate relationships are increasingly entering my life and they continue to develop through healthy experiences for all."

"I am increasingly confident in my ability to complete all of my life goals responsibly."

"I am consciously making decisions trusting they lead to my personal growth and success in life."

"I am increasingly confident in my ability to take care of myself and appropriately to take care of others special to me."

"I am consistently increasing my capacity to balance in healthy ways my love for my neighbor, myself, and my God."

And there are hundreds and thousands of more HLCs!