

## **PROMISE (COMMIT) YOURSELF**

**To think well of yourself and to proclaim this fact to the world, not in loud words, but in great deeds.**

*And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

Philippians 4:8

Inspirational speaker, Les Brown, is a longtime advocate of the teachings found in The Optimist Creed—with one difference. He chooses to replace the word “promise” with “commit” at the beginning of each line in the creed. Brown says, “commit is more powerful and fulfilling than promise”.

I’m jumping on the Les Brown train and asking you to commit to think well of your yourself today. I’m convinced this line in the creed is the game changer when it comes to making our world a peaceful place to live. It is our one attempt to stop humankind’s inhumanity to humankind in the midst of national and worldwide chaos.

Change truly comes from you, me and all the people we can convert to a more positive vision of thinking and acting. You and I must begin to take baby steps toward being a giant strides leader for peace.

“Actions speak louder than words” is a truth that demands our attention. Promises from political leaders to gain popular consensus is troubling when negative deeds and actions negate words.

The great spiritual leaders in my time have matched their actions to their words to bring about change in the world. Nelson Mandela, Mother Teresa, Martin Luther King, and Pope Francis are known to live what they say. It is our turn to proclaim our desire for a more peaceful and welcoming world. Know that what we do defines us far more than what we speak. Through our deeds, we stimulate transformation.

I encourage you to find as many ways as possible to do good, and to carefully asses how you kick start your optimism. Some of us will be so optimistic we will fail to see a condition that needs to be fixed. Others will allow pessimism to cause us to be so afraid of what is missing we will overlook what is already good.

So let’s start with simple ideas to validate other people by our “baby step” deeds. Be safe in all these suggestions. Know that masking and distancing are inconveniences, not reasons to avoid being good to and for humans.

- Compliment the first five people you talk to today.
- Donate blankets or towels to shelter...human and animal.
- Return shopping carts for people at the grocery store...be safe returning.

- Learn the names of people you see every day. Greet them by name.
- Say or write 'Thank you' to the officers at your local police and fire station.
- Pocket your phone while talking to others.
- When you hear disheartening words in your head, think and say something positive to yourself—you deserve kindness too!

These acts of kindness are so easy, and they almost always make people smile. Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. I end with two truths from Proverbs.

Proverbs 16:24 reads: *Pleasant words are a honeycomb, sweet to the soul and healing to the bone.* So be kind and pleasing when we speak.

Proverbs 12:25 reads: *Anxiety weighs down the heart of a man, but a good word cheers it up.* So be cheerful and complimentary toward others.

Peace always

Ted

