

The Relationship Savvy Pledge



Because I am committed to creating deep fulfilling relationships:

- I joyfully accept responsibility for the quality of my relationships.
- I will create a life that I love, knowing it is the healthiest foundation from which to build a truly great romantic relationship.
- I will use every encounter to learn about myself, so that I may use this knowledge to become more of the person I want to be and live the life I want.
- I will seek to know myself so that I can be true to myself in all ways. I will be self-reflective and take care to observe my self-talk and the beliefs that foster it.
- I will do my inner work so I may consciously create the relationships I want.
- I will create a network of support that nurtures and encourages me.
- I will refine my communication so that I may be authentic. I will endeavor to be open-minded and open hearted. I will treat others with caring and respect.
- I will seek to leave people feeling better about themselves than before they met me.
- I will open myself to love and intimacy.
- I will resolve emotional issues from the past. I will transform disappointments and setbacks into growth opportunities that propel me toward my desired future.
- I will be discerning about others' character and choose to relate with people who are both good *to* me and good *for* me.
- I will make a rigorous assessment of my strengths so I may appreciate what I have to bring to relationships with others.
- I will determine compatibility before I open myself to sexual intimacy.
- I will participate in life as fully as I can – strengthening my self esteem and refusing to hold myself back. I will reach out for what I want.
- I am committed to life long learning and I will enthusiastically learn how to create and maintain the kind of relationships I truly want.
- I will let go of what doesn't work in my life.