



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

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“Turning Possibilities into Realities”

Building a Global Movement for Change [UNSG]: The Promise (part 19)



Striving for our Seychelles

"Working Hard at Working Smart" (part XXX)

Self Improvement: The Value of Promises



“Civilization rests on a set of promises; if the promises are broken too often, the civilization dies, no matter how rich it may be, or how mechanically clever. Hope and faith depend on the promises; if hope and faith go, everything goes.”

Herbert Sebastian Agar

29 September 1897 - 20 November 1980, UK. 1934 Pulitzer Prize: *The People's Choice*

The future we want: The Promise: The Force Beyond

Why Keeping Promises are Very Important

The Value of Promises

by Elaine Sihera

Very few people realise, or wish to accept, that one of the worst experiences in life to an individual is a broken promise. We all have moments when we make a promise to someone and cannot keep it, for a variety of reasons. That is understandable. However, when there is a definite pattern in breaking promises it suggests three things:

1. *That the person to whom the promise is made is not really a priority in the scheme of things; not as valued as others.*
2. *That the person making the promise is trying to please too many people at once, perhaps to impress, but failing miserably.*
3. *That the promise itself is not perceived as important enough to be kept.*

Promises mean a lot to people because they suggest appreciation, value and empathy and carry some pleasure in fulfillment. The effect of broken promises is resentment, undue anxiety, missed opportunities and a lack of trust in future promises for one party, and a chain of guilt and feelings of incapacity and inadequacy for the other. Furthermore, a promise prevents alternative action being taken which means everyone loses out all round.

Broken promises also give a feeling of false competence, they keep the person stuck in a mode of regret and are rarely associated with success. **The most successful people tend to value others and keep their word because it demonstrates integrity - a key attribute for achievement.**

Finally, if not handled sensitively, broken promises can cause ill feeling, damage friendships and even lost business.

Sometimes the habits we develop over a lifetime can be very limiting both in their effect on us and on others. Most people don't mind a broken promise odd occasions. We all do it at times through the pressure of living. But if it becomes a pattern then it becomes part of our personality and is a pointer to how we treat others for our own feeling of power. It really does not suggest enough respect for the person on the receiving end and would also be irritating to them to some measure.

My aim is not to please too many people at all but to make a real difference to just ONE person each day which makes me feel great as well. It means not only will that promise carry more meaning and pleasure for both of us, but in any one year I would also have affected the lives of 365 people positively rather than try to please 5 per day and end up pleasing none.

If you value someone's friendship, or truly respect them, or you value your customers, don't make promises you can't keep because it could have an impact on them that even you are unable to foresee!■

How To Keep Your Promises

by Eduard Ezeanu

Building trust based relationships, either professional or personal, is a really big thing. It can propel your career or your life if you can do it, and it can sink them if you can't. I believe that one of the most important ingredients for building these kinds of relationships is keeping your promises.

When you consistently keep you promises, you essentially align what you say you will do with what you truly do, and people know that they can rely on you. This is of course, easier said than done. Here are some of they key points I discovered can help you visibly improve the rate of promises you keep.

1. Acknowledge your slip-ups in this area.

Counter-intuitively, most people often break their promises because they believe they are very good at keeping their promises. This inaccurate self-image creates a huge blind spot, which does not allow them to notice the situations when they don't keep their promises, so they can't really address them.

This is why a good starting point is to assume that you often break you promises, and to start consciously looking at the way you relate to other people, to notice when this is the case. As you start looking for these slipups, you will start to see them. Getting awareness about when they manifest, with whom, is the first big step in getting rid of them.

2. Think twice before you promise.

It's funny how a lot of people have problems related to lack of self-confidence, but when in comes to making promises, they have the opposite kind: they're over-confident in what they can do, and they promise too much. **Braking promises is usually not the result of bad intent; it is the result of this.**

It's very important that you realize you have limited time, energy, skills and resources, and as much as you would like to, you probably can't do it all. Keep this in mind every time you're getting ready to promise something, and

ask yourself: "Can I really keep this promise I want to make?" If the answer is not a definite "yes", then don't make that promise. **Instead, promise something less, something different, or don't promise at all.**

3. Learn to say no.



One thing I've realized is that often, we sort of trap ourselves into promising more than we can or we want to do, because we have a problem with saying no. Someone asks us for some help, we know they have high expectations of us, and we just can't make ourselves emotionally to betray those expectations, by saying no.

To get this handled, there is a very important mental leap you must take: **to realize that you can't and you don't have to please everybody.** When you fully embrace this idea, you feel more freedom to not live to everybody's expectations, and to not be there for everybody. Which makes it easier for you to resist from making promises you can't or don't want to fulfill.

4. Make slipups meaningful for you.

When people break a promise, even if they do realize this, they often quickly forget about it and

as a result, this experience does nothing to enforce their tendency to keep promises. It's easy to keep saying one thing and doing another, when your mind thinks it's no problem.

This is the reason why if you want to drastically increase your promise keeping rate, you need to change this thinking. You need to make slipups a visible moral mistake in your head, which you completely acknowledge, to yourself and others involved. **And to do this, you make integrity and keeping your promises a top value for yourself. You decide it to be very important for you.**



Keeping promises and having integrity sound like things which are easy to master. But they are actually some of the hardest people skills to master. **As you consciously and systemically work at improving your promise keeping skills, you will see some impressive changes in the quality of your relationships.■**

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The journey continues...

Step
7

Recommit

Recommit yourself if you break a promise. Apologize to others if you let them down, and then get back on track.

Step
6

Do not make excuses

Do not make up excuses that will deter you from fulfilling your promises.

Step
5

Make a promise

Make promises that you can keep.

Step
4

Look at consequences

Examine the consequences you will encounter if you break a promise.

Step
3

Track your promises

Track the progress of your promises in a journal.

Step
2

Organize

Organize your schedule in order to keep promises.

Step
1

Write down promises

Write down promises you have made to yourself and to others on a piece of paper.

Steps
Break down big promises into smaller steps.