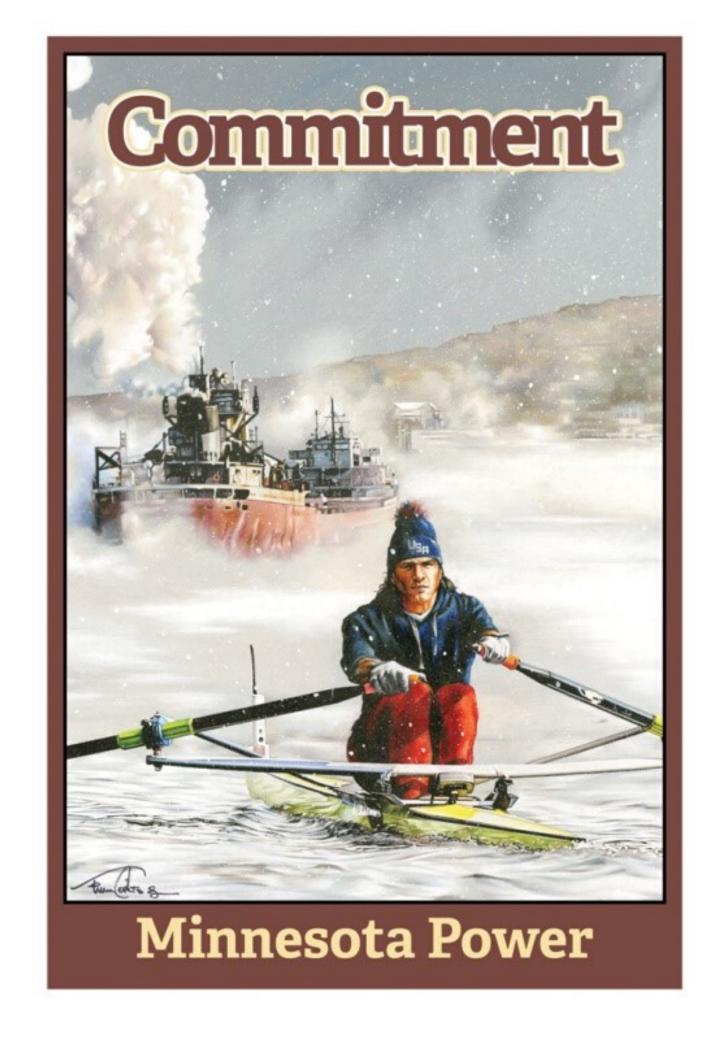


COMMITMENT

Thoughts on Commitment



- 1.Don't compromise on your happiness just to please others
- 2.Become responsible for everything that happens in your life
- 3.Don't be afraid of making mistakes
- 4.Learn to say "no" more often
- 5.Don't worry about the choices you've made
- 6.Learn to accept the way things are
- 7. Write down things you're grateful for
- 8. Accept your flaws and understand that you're not perfect
- 9.Be willing to embrace rejection
- 10.Learn to tackle the good times and the bad