

## ***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