

# The Promises He Kept

*He was dependable. Present. Someone people could count on.*

When Daniel said he would do something, he almost always did it. He took care of work, family, deadlines, and all those small responsibilities no one notices until someone stops carrying them.

His days were filled with real commitments. So whenever he thought about doing something for himself, he found a credible reason to postpone it: Monday, when things were calmer, when he was sleeping better, when everyone else needed him less.

He did not think he had given up. It seemed as though he had simply pushed that decision a little further ahead. But each Monday brought new demands, and anything he wanted to do for himself still had no place in his schedule.

Daniel was not lazy, and he did not lack willpower. He had simply learned to treat the time he gave to others as essential, and the time he had promised himself as optional.

**The time he gave to others had a name and a place in his schedule.  
His own time remained an intention.**

KAEVO

THE PROMISE

## My Promise for 60 Days

*Use simple words. Make it your own, easy to understand, and possible to check.*

**For the next 60 days, I promise myself that I will:**

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**I will do it this often and at this time:**

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**On difficult days, my minimum version will be:**

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**This promise matters to me because:**

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**Start date:** \_\_\_\_\_ **Day 60 date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**It begins with me.**

KAEVO · DAY 1

# MORNING · INTENTION

Date \_\_\_\_\_

**Today I choose to:**

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**The priority action I will take to keep my promise is:**

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**The most likely obstacle will be:**

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**When it appears, I will protect my commitment by:**

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**If the day changes, my minimum version will be:**

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**MICRO-CHALLENGE · Define the promise you want to keep today in one sentence.**

# EVENING · TRUTH

Date \_\_\_\_\_

Today, my promise was:

| KEPT                     | MINIMUM VERSION          | NOT KEPT                 |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

The concrete evidence of what I did today is:

What helped or hindered me was:

What I learned about myself today:

Tomorrow I will adjust:

EVENING QUESTION · Which choice today showed that the promise truly matters?