



## My Promise

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**Individually, reflect on your answers to the following questions then share your answers with your partner. Remember to speak for yourself and share your personal point of view.**

1. Write down 1 promise you're willing to make to express your commitment to your partner.
2. Write down 3 specific ways you can demonstrate that promise.
3. Create an action plan for demonstrating that promise until it becomes habit.
4. Share the promise and your action plan with your partner.