

# a lick and a promise

## Book Concept: A Lick and a Promise

Title: A Lick and a Promise: The Art of Making and Keeping Commitments

Concept: This book explores the psychology and practical strategies behind commitment – from the seemingly insignificant daily promises to life-altering decisions. It delves into why we make commitments, why we break them, and how to cultivate a culture of reliable follow-through in both personal and professional life. The title, "A Lick and a Promise," ironically highlights the superficial nature of many commitments, contrasting it with the power and impact of genuinely held and fulfilled promises. The book will use a blend of scientific research, anecdotal evidence, and practical exercises to guide readers towards greater self-awareness and improved commitment-keeping.

Target Audience: A wide audience seeking self-improvement, increased productivity, stronger relationships, and enhanced personal fulfillment. This includes individuals struggling with procrastination, perfectionism, fear of failure, and those wanting to build stronger relationships based on trust and reliability.

### Ebook Description:

Are you tired of starting projects and never finishing them? Do broken promises haunt you, straining your relationships and hindering your success? Do you feel overwhelmed by commitments, leading to stress and burnout?

"A Lick and a Promise" provides the roadmap to transforming your commitment habits. This insightful and practical guide helps you understand the underlying reasons for your struggles with commitment and equips you with the tools to make and keep promises, both big and small.

This book, written by renowned self-help expert Dr. Eleanor Vance, outlines a proven framework for fulfilling your potential:

Introduction: Understanding the Power of Commitment

Chapter 1: The Psychology of Commitment: Why We Make (and Break) Promises

Chapter 2: Identifying Your Commitment Style: Are You a Procrastinator, a Perfectionist, or a People-Pleaser?

Chapter 3: Setting Realistic Goals and Expectations: Breaking Down Overwhelming Tasks

Chapter 4: Building a Support System: Accountability and Encouragement

Chapter 5: Overcoming Procrastination and Fear of Failure

Chapter 6: The Art of Saying No: Protecting Your Time and Energy

Chapter 7: Cultivating Self-Compassion and Forgiveness

Conclusion: Living a Life of Integrity and Fulfillment

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## **A Lick and a Promise: The Art of Making and Keeping Commitments – Article**

Introduction: Understanding the Power of Commitment

Commitment, at its core, is a promise to oneself or others. It's the glue that holds relationships together, the fuel that drives personal growth, and the cornerstone of success in any endeavor. This introduction lays the foundation for understanding the profound impact commitment has on our lives. We'll explore the different facets of commitment—emotional, intellectual, and physical—and how they intertwine to shape our experiences. We'll also examine the correlation between commitment and self-esteem, exploring how fulfilling commitments strengthens our sense of self-worth. Finally, we'll introduce the concept of "commitment phobia," a fear of committing that can hinder progress and create significant emotional distress.

Chapter 1: The Psychology of Commitment: Why We Make (and Break) Promises

This chapter delves into the psychological underpinnings of commitment. We will explore the cognitive dissonance theory and how it relates to our tendency to justify our actions, even when they contradict our commitments. We'll also examine the impact of self-perception theory, explaining how our behaviors shape our beliefs about ourselves. Furthermore, we'll analyze the role of fear of failure, perfectionism, and low self-esteem in hindering commitment. The chapter concludes with practical strategies for identifying and overcoming these psychological barriers. This involves self-reflection exercises and identifying personal triggers that lead to broken commitments.

Chapter 2: Identifying Your Commitment Style: Are You a Procrastinator, a Perfectionist, or a People-Pleaser?

This chapter focuses on self-awareness. We'll analyze common commitment styles, including procrastination, perfectionism, and people-pleasing. Each style is explored in detail, examining its roots, consequences, and the specific challenges it poses to keeping commitments. Self-assessment quizzes and exercises are included to help readers identify their primary commitment style. The chapter also introduces coping mechanisms and strategies tailored to each style, aiming to transform self-sabotaging behaviors into positive, productive patterns. For example, procrastinators will learn time management techniques, while perfectionists will learn to embrace "good enough" and avoid analysis paralysis.

### Chapter 3: Setting Realistic Goals and Expectations: Breaking Down Overwhelming Tasks

This chapter focuses on practical strategies for goal setting. We'll discuss the importance of setting SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) and breaking down large, complex tasks into smaller, manageable steps. We'll explore different goal-setting frameworks, such as the Eisenhower Matrix and the Pareto Principle, providing readers with diverse approaches to tackle overwhelming projects. The chapter emphasizes the importance of prioritizing tasks and creating a realistic schedule, avoiding overcommitment and promoting a sense of accomplishment along the way.

### Chapter 4: Building a Support System: Accountability and Encouragement

This chapter emphasizes the power of social support in achieving commitments. We'll discuss the importance of building a network of accountability partners, mentors, and friends who can offer encouragement, support, and constructive feedback. The chapter will guide readers on how to effectively communicate their goals and seek support, as well as how to navigate potential challenges in their support systems. We'll explore the benefits of joining groups or communities with shared goals and how to utilize technology to foster accountability (e.g., using apps or online platforms).

### Chapter 5: Overcoming Procrastination and Fear of Failure

This chapter tackles the pervasive issues of procrastination and fear of failure. We'll explore the psychological mechanisms behind these behaviors and provide evidence-based strategies to overcome them. Cognitive behavioral therapy (CBT) techniques will be introduced to help readers challenge negative self-talk and replace it with positive affirmations. The chapter also emphasizes the importance of self-compassion and reframing failures as learning opportunities. We'll explore techniques like the Pomodoro Technique and time blocking to manage procrastination effectively.

### Chapter 6: The Art of Saying No: Protecting Your Time and Energy

This chapter focuses on setting boundaries and learning to say no. We'll explore the importance of prioritizing self-care and protecting one's time and energy. We'll discuss different strategies for assertively declining requests without guilt or feeling obligated. The chapter also examines the social and emotional aspects of saying no, addressing potential anxieties and the fear of disappointing others. We'll provide readers with scripts and techniques for setting boundaries effectively.

### Chapter 7: Cultivating Self-Compassion and Forgiveness

This chapter emphasizes the importance of self-compassion and forgiveness in the commitment process. We'll discuss the impact of self-criticism on motivation and commitment and offer strategies for cultivating self-kindness and understanding. We'll explore mindfulness practices and techniques for self-soothing, as well as methods for forgiving oneself for past failures. The chapter reinforces the idea that setbacks are a normal part of the journey towards achieving commitments and that self-compassion is crucial for resilience and long-term success.

## Conclusion: Living a Life of Integrity and Fulfillment

This concluding chapter summarizes the key takeaways from the book, emphasizing the importance of consistent effort and self-reflection in maintaining commitments. We'll reiterate the transformative power of consistent commitment and its positive impact on all aspects of life, from personal relationships to career success. The chapter will also inspire readers to continue their journey of self-improvement and encourage them to embrace the challenges and rewards of living a life aligned with their values and commitments.

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## FAQs:

1. What if I break a commitment? Don't beat yourself up. Learn from it, apologize sincerely if necessary, and recommit with a revised strategy.
2. How can I overcome perfectionism to keep commitments? Focus on progress, not perfection. Aim for "good enough" and celebrate small victories.
3. Is this book only for people with serious commitment issues? No, it's for anyone who wants to improve their ability to make and keep promises, regardless of their current level.
4. How long will it take to see results? It depends on individual effort and consistency. Be patient and persistent.
5. What if I don't have a support system? Start building one! Join groups, connect with mentors, or use online communities.
6. Can this book help me improve my relationships? Absolutely. Keeping commitments is fundamental to trust and strong relationships.
7. Is this book based on scientific research? Yes, the book draws on evidence-based psychological principles and research.
8. Are there any exercises or activities in the book? Yes, there are self-assessment quizzes, exercises, and practical strategies throughout.

9. What makes this book different from other self-help books? Its focus on the psychology of commitment, providing a deeper understanding of why we struggle, and a practical framework for overcoming those challenges.

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#### Related Articles:

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8. Mindfulness and Commitment: Cultivating Present Moment Awareness: How mindfulness can improve focus and commitment.
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