



The Promise Card

A simple way to turn "I'll do better" into a clear, measurable action.

A vague promise can sound loving in the moment, but it is hard to trust because no one knows what it really means.

"I'll be better."

"I won't do that again."

"You can trust me."

Those words may be sincere, but they do not give your partner anything clear to hold onto. They do not explain what will change, when it will change, or how your partner will know it is really happening.

A clear promise is different.

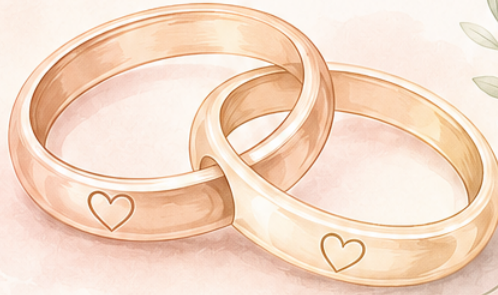
A clear promise turns love into something visible. It gives your partner a specific action they can see, count, or check. That matters because trust is not rebuilt by one emotional conversation. Trust is rebuilt when your words and your behaviour start matching each other again.

The promise does not have to be dramatic. It just has to be real.

Make an achievable and measurable promise.

BEFORE YOU WRITE YOUR PROMISE, MAKE IT CLEAR:

- **What** exactly will I do?
- **When** will I do it?
- **How often** will I do it?
- **How** will my partner know it happened?



THE PROMISE CARD

*I will show you by clear
and measurable actions.*

★ MY PROMISE ★

I will:

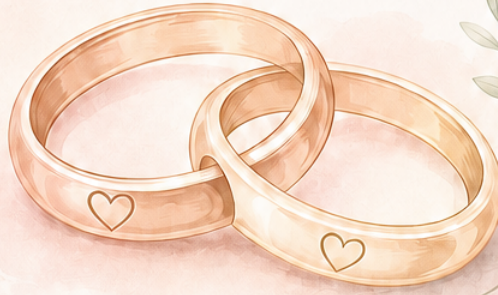
I will do this when:

I will do this how often:

You will know I kept this promise because:

*I am writing this promise because I care about us,
and I want to show you with actions you can trust, not just words.*

Signed: _____ Date: _____



THE PROMISE CARD

*I will show you by clear
and measurable actions.*

★ MY PROMISE ★

*I am writing this promise because I care about us,
and I want to show you with actions you can trust, not just words.*

Signed: _____ Date: _____