

# Cheat sheet for people who haven't held up their end.

Broken promises, unpaid debts, missing from someone's life. It isn't too late, and it starts smaller than you think.

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## Say it plainly.

Name what you didn't do. No "but."

SAY "I said I would, and I didn't. That's on me."

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## Promise small, then keep it.

A text on Sunday. Five dollars a week. Pick something you can't fail at, and don't fail it.

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## Make a repayment plan, however tiny.

Five dollars a month is a plan. Silence isn't.

SAY "I can pay this much, starting on the first."

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## Show up when it's inconvenient.

The unglamorous hour counts: the pickup, the hospital, the funeral. Be early.

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## Ask what would help, then do that.

Not what you would like to give. Then do the boring thing.

SAY "What would actually help?"

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## Take it without defending yourself.

If they are still angry, don't argue.

SAY "You have every right to be. I'm still here."

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## Let them set the pace.

Forgiveness belongs to them. Don't ask for it. Be someone it is safe to forgive.

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## Do one quiet good deed nobody will connect to you.

It rebuilds the part of you that believes you can do it.

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## Repeat for ninety days.

One missed day doesn't undo a streak. Stopping does.

IF YOU ONLY DO ONE THING THIS WEEK

**One honest sentence. One small promise. One promise kept.**

This is practical, not religious. I think what you show with your choices is what counts. Share it freely.

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