

Your Word is your Bond

एक बार जो मैंने कमिटमेंट कर दी, उसके बाद मैं अपने आप की भी नहीं सुनता हूँ. All Hindi movie and especially Salman Khan fans may be well versed with this famous dialogue, isn't it? In our entire life many of us would have used this word 'I Promise' so many times. Well I am not going to take hisab kitab of whether all of these promises have been kept or not 😊. Some say promises are meant to be kept while others say promises are meant to be broken. For some it is like 'प्राण जाये पर वचन ना जाये'. All this depends from person to person and how much importance we give to what we say or speak and how much of it we hold true.

For me, personally, I've always wanted to be someone that will deliver on what I promise. Promise with thought and do better than mere promise. As at the end of the day, it is about the credibility of what I say.. जो मैं बोलता हूँ वो मैं करता हूँ. I want to be relied upon, which is also why I'm always a little hesitant to commit to things I'm not sure about. It's not because I'm afraid of commitment, I just don't want to make a promise until I'm sure I can fulfil that promise. I want to set proper expectations. False promises lead to disappointments. I think that's a huge aspect of leadership and I believe in leading by example.

They say don't promise when you are happy, don't reply when you are angry, and don't decide when you are sad. However, at times we do get carried away with emotions, due to a lot of external factors that influences our behaviour and thinking pattern. It is very easy to make a promise but very difficult to keep up to it. Keeping up to promises shows our strength and belief in oneself and is considered a measure of one's worth, one's prized being "as good as our word - पत्थर की लकीर." Yet each of us struggle to keep some of our promises, often feeling like failures when we've been unable to do so.

Many people are casual about making promises and make them at the drop of the hat. "Let's go for lunch," "can I call you later," and "I'll be there in five minutes" are all examples of throwaway promises that are frequently made but seldom kept. However, this casual attitude can have real consequences. It becomes difficult to trust or rely on such people who can't keep up to little promises.

Is it sometimes hard to keep a promise? Well, our intentions are good at the time of making a promise and we do want to live up to them, but at times, it is the lack of self-confidence, feelings of doubt, [fear](#), and [anger](#) that makes it otherwise. While making a promise people have so many out-of-awareness thoughts and feelings, we may not "know".

Do you think before you make a promise to someone? What if you can't deliver on it? Does it really matter? The world isn't going to come to an end if you don't keep it up, but what about your credibility reputation & trust factor. Over a period, a false promise can be viewed as a lie, which will gradually become a habit, forcing liars to spend precious time and energy keeping their stories straight. Once others learn about these lies, people may forgive, but they surely won't forget.

Not keeping promises imply that such people are casual in talking and don't care that they've let you down and consider their needs as more important than yours. When people cover for the misdeeds of others, they're as guilty as those who breached the promise. Is it worthwhile to put your own reputation on the line for anyone who's undeserving of your good name. You're judged by the company you keep.

You must have heard about 'Emotional Bank Balance'. You increase your emotional bank balance when you keep to commitments & promises and lose it when you break promises. I am not saying that we will meet every promise that we make. Sometimes we will end up breaking promises, however, how we make up and communicate when we don't will define us as individuals and increase our emotional bank balance. And this balance will stand you in good statue in times of test.

So next time you make a promise please remember your word is your bond. Every time you give your word, you are implying that others can place their trust in you because you value integrity and would never let them down. It goes without saying that if you don't live up to your word, you may end up tarnishing your credibility, damaging your relationships, and defaming your reputation.

I promised myself that I will write such introspective articles during lock-down and I am keeping up to my promise - जो वादा किया वह निभाना पड़ेगा.

What did you promise last and to whom? Are you following it?

V S Parthasarathy

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