

I PROMISE TO MYSELF...

I promise to myself to be strong without losing my frailty.

I promise to speak of love with those I meet.

I promise to let my friends understand how important they are for me.

I promise to concentrate about possible solutions, rather than complaining about problems.

I promise to think better, to work better, to expect what is better.

I promise to struggle for making my pessimism become optimism and my optimism become reality.

I promise to use the mistakes I have done before for understanding the right things I can do today and will be able to do tomorrow.

I promise to spend all my time in improving myself, so that I have no more time for judging the others.

I promise to be slow when getting angry, strong in fear, calm in sorrows.

I promise that each time I betray my promises, I will start again.



**If wisdom enters
your heart,
science will delight
your soul.**

from: T. SOLARINO - R. PERRICONE,
Diario di famiglia (Family Diary), Elledici

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10
tracks
for becoming an
**UNBEATABLE
COUPLE**

**HOW DO YOU RELATE WITH YOURSELF
AND WITH YOUR PARTNER?**



«People travel for being astonished by mountains, seas, rivers, and they are never astonished when they look into themselves». This sentence by St Austin underlines how we are sometimes unable to understand ourselves.

How do you relate with yourself?

Are you happy with yourself, do you try to improve? Do you show others the inner part of yourself?

And how do you relate with your partner?



1° Warn out your armchairs.

A house where the armchairs aren't worn out at least a little bit, is a house with no soul. **If the armchairs aren't worn out a little**, it means **that in that house everybody is running**, nobody stops for a while, **nobody finds the time for being happy**.

2° Keep your doors open.

Open to others. When a couple's world ends at their entrance door, death for choking is highly probable. Limited thought, short views, selfish love. All becomes poor, in that marriage, both minds and hearts.

3° Forgive.

Forgiving is the best way for defrosting. It is not a weakness, but a **strength that wakes up the sparkle of goodness that is in any person**. And it is absolutely liberating!

4° Hold your tongue.

Many fires are lit up because **the tongue speaks when it is too hot**. So hold your tongue **and let a few hours pass...** ok, now you can speak!

5° Smile.

Smiles are magic. **Sometimes one single smile is enough for going on for a week**. Smile to each other. Animals can't smile, because smiling needs the intelligence to understand that taking things too seriously is not serious enough!

6° Have a positive view.

Look at what is working, not at what is not working. **Pessimism is useless**. Weeping willows have never been trendy.

7° Try to win boredom.

Any marriage needs a little bit of fancy! Like for instance a little surprise: **a flower, a small present, a special dinner...**

8° Take care of your inner look.

Wrinkles can spoil your outside beauty, but not your inner one. **A pinch of tenderness, good manners, and you'll immediately show your inner shining, much more valuable than a charming physical look!**

9° Be merciful.

It's indispensable, in a couple. Priests make the vow of chastity, **but a husband and a wife should make that of patience and mercy**. Before marrying it's wise opening both eyes, after marrying it's wiser closing one, when necessary.

10° Accept God in your home.

Leaving God outside would be the worst mistake. God joins together and helps, in many occasions is the only thing that makes life go on; He's the only certainty that makes one survive when the other one dies! **how to educate**