

**BBC RADIO 2**

**NIGHT TIME PAUSE FOR THOUGHT**

**Saturday 20<sup>th</sup> June 2009**

Why do things not do what they say they will do?

Why does fake tan make you orange?

Why is a boxing ring always square?

Why are they called apartments when they are always stuck so close together?

Why does my remote control, control me?

And why is the third hand on a watch called the second hand?

And then why do people not do what they say they will do?

Why is it so hard to consistently do exactly what you say?

Why is it so difficult to do it when you said you would do it.

It's easy to make excuses.

I never got that email.

I've just been too busy.

Oh sorry I forgot.

Did so and so not get back to you?

Why do we agree to do things we know we will never do?

Oh yeah, lets do lunch some time.

Yes I'll put that cheque in the post today.

I'll give you that book back when I've finished it.

I'll see you at the gym every Thursday.

The consequences of people not doing what they say are all around us.

The teenager rolls his eyes at yet another broken promise to be taken to the football match by his oh so busy father.

The partner curls her lip in resentment at the latest text message postponing yet another night out together.

The hard working colleague breathes a deep sigh and eventually moves on after years of being let down again and again.

So why is it so hard simply to do what we say. To be people of our word?

It's a breathe of fresh air when someone does what they say they will do.

It's good to be around people who let their yes be yes and their no be no.

Many of us all over the world are expectantly watching President Obama. He highlighted the audacity of hope. In a world full of cynicism because too many political and economic leaders appear not to do what they promise, we are hoping that President Obama will do what he said he would do.

There are few things as powerful and precious as your word, so why not keep it?

Try not to agree to do something you know you can't or won't do. And commit always to do what you said you would do and when you said you would do it.

Will you do that today?

Hold on! Think about it first.

Let your yes be yes and your no be no.