



## I pledge and commit....

- 1 To always be kind, friendly, humane, compassionate and thoughtful of others.**
  - To be considerate of the needs of others and never be harsh, cruel or mean.
  - To “do unto others as I would have them do unto me,” and to live by this Golden Rule.
  
- 2 To always be loving, for love is not an emotion, but a decision.**
  - To do what’s best for all involved.
  - To hold the feelings, property, being and reputation of others in high regard.
  - To be caring and not hurt, harm or hate anyone.
  
- 3 To be a person of peace, that as far as it depends on me, I will be at peace with everyone.**
  - To work toward unity and harmony, where all is in order.
  - To promote reconciliation.
  - To agree to disagree.
  - To not let differences or disagreements lead to hostility or belittlement.
  
- 4 To be a person of patience.**
  - To live a life of empathy.
  - To try to understand where someone is coming from.
  - To have the willpower to stay the course when things get difficult.
  - To not give in to frustration and allow anger to control choices.
  
- 5 To be a person of goodness.**
  - To be an authentic person.
  - To be an example to others in areas of integrity.
  - To be fair, just and courteous to others in all I say and do.
  - To live by the truth that life isn’t measured by what is received, but by what is given.
  - To give from a heart of generosity and volunteerism.
  
- 6 To always bring true joy everywhere, while sincerely acknowledging the sorrow, sadness and brokenness in the world.**
  - To be a pleasure to those around me.
  - To offer a smile of encouragement and a shoulder of comfort.
  - To keep a good sense of humor and use it to cheer and build people up.
  - To bring hope everywhere.

**7**

**To be a person of faithfulness.**

To be trustworthy.

To be reliable, someone who can be counted on.

To be a person of my word—do what I say and say what I mean.

To be a person of principle.

To never be disloyal, dishonorable or spread gossip.

To never use words—spoken, written or in the cyberworld—to malign someone's reputation.

**8**

**To be a person of gentleness.**

To be a person who is careful with words and actions, demonstrating true meekness, which is not a weakness, but a strength.

To not be arrogant or feel superior to anyone else.

To be a person of true humility.

To be a person of passion and ambition, but never at the expense of another's value or dignity.

To not put others down in an effort to boost my own self-esteem. To stand firm against intolerance, but never at the cost of cruelty, for mercy always triumphs over judgment.

**9**

**To be a person of self-control in society, whatever life brings.**

To be resilient and never let pain, the past or problems take away choices.

To be a person of discipline and dignity.

To be strong in the storms of life and a person of character.

To be in control of choices by never giving in to insecurities, rage or vices.

**10**

**To be a friend to all.**

To never be a silent bystander when wrong is being done.

To tell someone when injustice happens, and stand up for what's right.

To celebrate differences.

To not tolerate unacceptable behavior or treatment of others.

To stand for human decency.

To show respect to everyone.

To let every person know they matter through my actions and words.