



I pledge and commit...

1. To be kind.

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 be loving.

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 peaceful.

To work toward unity and harmony, where all is in order.
To promote reconciliation and agree to disagree.
To not let differences or disagreements lead to hostility or belittlement.

4. To be patient.

To live a life of empathy and try to understand where someone is coming from.
To have the willpower to stay the course when things get difficult and 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 generous heart.

6. To bring true joy everywhere.

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, reliable, and 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 and 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 and be a person of true humility.
To be a person of passion and ambition, but never at the expense of another’s value
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 have self-control.

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 and tell someone when injustice happens, and stand up for what’s right.
To celebrate differences and not tolerate unacceptable behavior or treatment of others.
To show respect to everyone and to let every person know they matter.



My Dash Worksheet

1. Life Goals:

- 1-10
- 10-20
- 20-30
- 30-40
- 40-50
- 50-60
- 60-70
- 70-80

2. Reflection:

What are three items from the pledge you want to be part of your dash?

What do you need to do now and in the future to achieve these goals?

How would kindness, respect, love, integrity impact your dash and ability to reach these goals?

3. Your Eulogy:

What do you really want people to say about your character as a person?

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Goal Setting Worksheet

What steps do you need to take today to ensure your dreams becomes a reality?

- 1.
- 2.
- 3.
- 4.
- 5.

Explain how standing up for the value of others might impact your dash and the dash of others.
