

Words of Wisdom: The Kindness Pledge

I Resolve to:

1. Speak kindly of someone at least once a day.
2. Think kindly about someone at least once a day.
3. Act kindly toward someone at least once a day.
4. Avoid speaking unkindly of anyone.
5. Avoid speaking unkindly to anyone.
6. Avoid acting unkindly toward anyone.

[Source: *The Hidden Power of Kindness*, by Lawrence G. Lovasik]