



I PLEDGENOW™

I Pledge to myself that from this day forward:

1. Regardless of what I have done/not done, or thought/ not thought in the past, I will embody this Pledge going forward.
2. I Pledge to reject racism and all forms of hatred in my life, and to encourage others to do the same.
3. I Pledge to peacefully stand up to racism and other forms of hatred if possible and to make my voice heard.
4. I Pledge to take an individual journey to ask what causes me to feel negative or hateful feelings toward others based on skin pigment or other physical (and nonphysical qualities) that are different from mine such as ethnicity.
5. I Pledge to choose love over hate, forgiveness over revenge, and kindness over harshness.
6. I Pledge to allow myself to love myself and my neighbor.
7. I Pledge to listen to others to try to understand their point of view, even if I disagree.
8. I Pledge to not return hate with hate.
9. I Pledge to search myself for any unconscious racial and similar bias and to eliminate it.

Signature: _____ Dated: _____