



# Commit to Kindness

I, \_\_\_\_\_, am signing because:

- ✿ I believe that more kindness will make my community a better place.
- ✿ I believe everyone can give and receive kindness.
- ✿ I will be kind to myself so that I can help others.
- ✿ I will try to be kind, even when it is not easy.
- ✿ I will look for kindness in others.
- ✿ I know I can make things better by being kind myself.
- ✿ I will be kind to the earth and its creatures.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Research proves being kind decreases stress and its disease-causing chemicals, strengthens the immune system, lowers blood pressure, improves circulation, decreases the risk of coronary disease, reduces insomnia and improves our emotional well-being. -Dr. J. Rouse, Science of Mind Journal, February 2011*