



Commit to Kindness

I, _____, am signing because:

- ✿ I believe in building a kinder community for the betterment of all its people.
- ✿ I believe all people can give and receive kindness and that learning to be kinder is a worthwhile endeavor.
- ✿ I commit to being kinder to myself so that I may offer more kindness to my community. This includes taking care of my physical, psychological, and spiritual health.
- ✿ I commit to being more intentional about kindness in every interaction, even those that are difficult.
- ✿ I will assume others have good intentions, as often as possible.
- ✿ I will practice kindness in a way that helps me connect with - but not intrude upon - other people in my community.
- ✿ I will practice kindness to the earth and its creatures.
- ✿ I recognize I am a vital member of this community and can make a significant contribution to its overall health. I commit to performing regular community service.

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