LOVE PLEDGE

I will do my best to:

Think before speaking so that my words are kind.

Understand where others are coming from
when we don't see eye to eye.

See the best in others instead of assuming the worst.

Ask for help when I need it, even when I feel vulnerable.

Show my true self to others,
without stressing about winning their approval.

Find lessons and gains in my pain
so that I may release bitterness and resentment.

Let go of the "small stuff"
instead of dwelling on minor annoyances.

Give others my full attention and really listen when they talk.

Be honest about what I need and respect others' needs as well.

Accept people for who they are
instead of expecting them to change.

Give what I can and remember it's not selfish to receive.

Appreciate when others do all these things for me.

Remember that I also deserve kindness, compassion, and respect,
and act like it.

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simple wisdom for complex lives