

The Positive Pledge

I pledge to be a positive person and positive influence on my family, friends, co-workers and community.

I promise to be positively contagious and share more smiles, laughter, encouragement and joy with those around me.

I vow to stay positive in the face of negativity.

When I am surrounded by pessimism I will choose optimism.

When I feel fear I will choose faith.

When I want to hate I will choose love.

When I want to be bitter I will choose to get better.

When I experience a challenge I will look for opportunity to learn and grow.

When faced with adversity I will find strength.