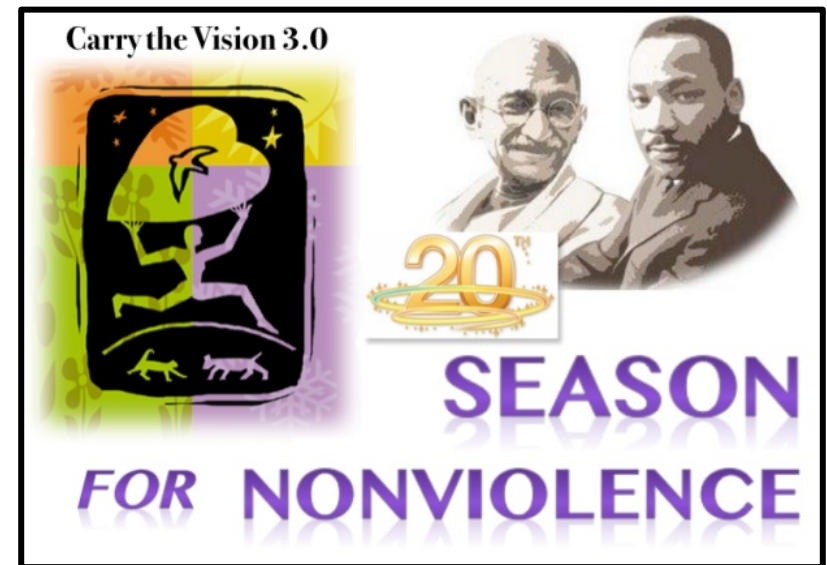


- 50 -- *Today, I will set an example of a peacemaker by promoting nonviolent responses.*
- 51 -- *Today, I will use no violent language.*
- 52 -- *Today, I will pause for reflection.*
- 53 -- *Today, I will hold no one hostage to the past, seeing each-as I see myself-as a work in process.*
- 54 -- *Today, I will make a conscious effort to smile at someone whom I have held a grudge against in the past.*
- 55 -- *Today, I will practice compassion and forgiveness by apologizing to someone whom I have hurt in the past.*
- 56 -- *Today, I will reflect on whom I need to forgive and take at least one step in that direction.*
- 57 -- *Today, I will forgive myself.*
- 58 -- *Today, I will embrace the spiritual belief of my heart in my own personal and reflective way.*
- 59 -- *Today, I will enlarge my capacity to embrace differences and appreciate the value of every human being.*
- 60 -- *Today, I will be compassionate in my thoughts, words, and actions.*
- 61 -- *Today, I will cultivate my moral strength and courage through education and creative nonviolent action.*
- 62 -- *Today, I will practice compassion and forgiveness for myself and others.*
- 63 -- *Today, I will use my talents to serve others as well as myself.*
- 64 -- *Today, I will serve humanity by dedicating myself to a vision greater than myself.*



2017

*My Affirmations for Peace:  
A Season for Nonviolence - 64 Ways in 64 Days  
Daily Commitments to Live By*

*These principles for nonviolence were adapted by the Denver Area  
Task*

*Force for: A Season for Nonviolence - January 30-April 4, 1998*

*Inspired by the 50th & 30th memorial anniversaries of Mahatma  
Gandhi*

*and Dr. Martin Luther King, Jr.*

1 -- Today, I will reflect on what peace means to me.  
2 -- Today, I will look at opportunities to be a peacemaker.  
3 -- Today, I will practice nonviolence and respect for Mother Earth by making good use of her resources.  
4 -- Today, I will take time to admire and appreciate nature.  
5 -- Today, I will plant seeds--plants or constructive ideas.  
6 -- Today, I will hold a vision of plenty for all the world's hungry and be open to guidance as to how I can help alleviate some of that hunger.  
7 -- Today, I will acknowledge every human being's fundamental right to justice, equity, and equality.  
8 -- Today, I will appreciate the earth's bounty and all of those who work to make my food available (i.e., grower, trucker, grocery clerk, cook, waitress, etc.)  
9 -- Today, I will work to understand and respect another culture.  
10 -- Today, I will oppose injustice, not people.  
11 -- Today, I will look beyond stereotypes and prejudices.  
12 -- Today, I will choose to be aware of what I talk about and I will refuse to gossip.  
13 -- Today, I will live in the present moment and release the past.  
14 -- Today, I will silently acknowledge all the leaders throughout the world.  
15 -- Today, I will speak with kindness, respect, and patience to every person that I talk with on the telephone.  
16 -- Today, I will affirm my value and worth with positive "self talk" and refuse to put myself down.  
17 -- Today, I will tell the truth and speak honestly from the heart.  
18 -- Today, I will cause a ripple effect of good by an act of kindness toward another.  
19 -- Today, I will choose to use my talents to serve others by volunteering a portion of my time.  
20 -- Today, I will say a blessing for greater understanding whenever I see evidence of crime, vandalism, or graffiti.  
21 -- Today, I will say "No" to ideas or actions that violate me or others.  
22 -- Today, I will turn off anything that portrays or supports violence whether on television, in the movies, or on the Internet.  
23 -- Today, I will greet this day--everyone and everything--with openness and acceptance as if I were encountering them for the first time.

24 -- Today, I will drive with tolerance and patience.  
25 -- Today, I will constructively channel my anger, frustration, or jealousy into healthy physical activities (i.e., doing sit-ups, picking up trash, taking a walk, etc).  
26 -- Today, I will take time to appreciate the people who provide me with challenges in my life, especially those who make me angry or frustrated.  
27 -- Today, I will talk less and listen more.  
28 -- Today, I will notice the peacefulness in the world around me.  
29 -- Today, I will recognize that my actions directly affect others.  
30 -- Today, I will take time to tell a family member or friend how much they mean to me.  
31 -- Today, I will acknowledge and thank someone for acting kindly.  
32 -- Today, I will send a kind, anonymous message to someone.  
33 -- Today, I will identify something special in everyone I meet.  
34 -- Today, I will discuss ideas about nonviolence with a friend to gain new perspectives.  
35 -- Today, I will practice praise rather than criticism.  
36 -- Today, I will strive to learn from my mistakes.  
37 -- Today, I will tell at least one person they are special and important.  
38 -- Today, I will hold children tenderly in thought and/or action.  
39 -- Today, I will listen without defending and speak without judgment.  
40 -- Today, I will help someone in trouble.  
41 -- Today, I will listen with an open heart to at least one person.  
42 -- Today, I will treat the elderly I encounter with respect and dignity.  
43 -- Today, I will treat the children I encounter with respect and care, knowing that I serve as a model to them.  
44 -- Today, I will see my co-workers in a new light--with understanding and compassion.  
45 -- Today, I will be open to other ways of thinking and acting that are different from my own.  
46 -- Today, I will think of at least three alternate ways I can handle a situation when confronted with conflict.  
47 -- Today, I will work to help others resolve differences.  
48 -- Today, I will express my feeling honestly and nonviolently with respect for myself and others.  
49 -- Today, I will sit down with my family for one meal.