

A Season for Nonviolence

64 Daily Commitments to Live By

- Jan 30: Today, I will reflect on what peace means to me.
- Feb 01: Today, I will look at opportunities to be a peacemaker.
- Feb 02: Today, I will practice nonviolence and respect for Mother Earth by making good use of her resources.
- Feb 03: Today, I will take time to admire and appreciate nature.
- Feb 04: Today, I will plant seeds--plants or constructive ideas.
- Feb 05: 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.
- Feb 06: Today, I will acknowledge every human being's fundamental right to justice, equity, and equality.
- Feb 07: 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.)
- Feb 08: Today, I will work to understand and respect another culture.
- Feb 09: Today, I will oppose injustice, not people.
- Feb 10: Today, I will look beyond stereotypes and prejudices.
- Feb 11: Today, I will choose to be aware of what I talk about and I will refuse to gossip.
- Feb 12: Today, I will live in the present moment and release the past.
- Feb 13: Today, I will silently acknowledge all the leaders throughout the world.
- Feb 14: Today, I will speak with kindness, respect, and patience to every person that I talk with on the telephone.
- Feb 15: Today, I will affirm my value and worth with positive "self talk" and refuse to put myself down.
- Feb 16: Today, I will tell the truth and speak honestly from the heart.
- Feb 17: Today, I will cause a ripple effect of good by an act of kindness toward another.
- Feb 18: Today, I will choose to use my talents to serve others by volunteering a portion of my time.
- Feb 19: Today, I will say a blessing for greater understanding whenever I see evidence of crime, vandalism, or graffiti.
- Feb 20: Today, I will say "No" to ideas or actions that violate me or others.
- Feb 21: Today, I will turn off anything that portrays or supports violence whether on television, in the movies, or on the Internet.
- Feb 22: Today, I will greet this day--everyone and everything--with openness and acceptance as if I were encountering them for the first time.
- Feb 23: Today, I will drive with tolerance and patience.
- Feb 24: 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).
- Feb 25: 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.
- Feb 26: Today, I will talk less and listen more.
- Feb 27: Today, I will notice the peacefulness in the world around me.
- Feb 28: Today, I will recognize that my actions directly affect others.
- Mar 01: Today, I will take time to tell a family member or friend how much they mean to me.
- Mar 02: Today, I will acknowledge and thank someone for acting kindly.
- Mar 03: Today, I will send a kind, anonymous message to someone.
- Mar 04: Today, I will identify something special in everyone I meet.
- Mar 05: Today, I will discuss ideas about nonviolence with a friend to gain new perspectives.

Mar 06: Today, I will practice praise rather than criticism.
Mar 07: Today, I will strive to learn from my mistakes.
Mar 08: Today, I will tell at least one person they are special and important.
Mar 09: Today, I will hold children tenderly in thought and/or action.
Mar 10: Today, I will listen without defending and speak without judgment.
Mar 11: Today, I will help someone in trouble.
Mar 12: Today, I will listen with an open heart to at least one person.
Mar 13: Today, I will treat the elderly I encounter with respect and dignity.
Mar 14: Today, I will treat the children I encounter with respect and care, knowing that I serve as a model to them.
Mar 15: Today, I will see my so-workers in a new light--with understanding and compassion.
Mar 16: Today, I will be open to other ways of thinking and acting that are different from my own.
Mar 17: Today, I will think of at least three alternate ways I can handle a situation when confronted with conflict.
Mar 18: Today, I will work to help others resolve differences.
Mar 19: Today, I will express my feeling honestly and nonviolently with respect for myself and others.
Mar 20: Today, I will sit down with my family for one meal.
Mar 21: Today, I will set an example of a peacemaker by promoting nonviolent responses.
Mar 22: Today, I will use no violent language.
Mar 23: Today, I will pause for reflection.
Mar 24: Today, I will hold no one hostage to the past, seeing each-as I see myself-as a work in process.
Mar 25: Today, I will make a conscious effort to smile at someone whom I have held a grudge against in the past.
Mar 26: Today, I will practice compassion and forgiveness by apologizing to someone whom I have hurt in the past.
Mar 27: Today, I will reflect on whom I need to forgive and take at least one step in that direction.
Mar 28: Today, I will forgive myself.
Mar 29: Today, I will embrace the spiritual belief of my heart in my own personal and reflective way.
Mar 30: Today, I will enlarge my capacity to embrace differences and appreciate the value of every human being.
Mar 31: Today, I will be compassionate in my thoughts, words, and actions.
Apr 01: Today, I will cultivate my moral strength and courage through education and creative nonviolent action.
Apr 02: Today, I will practice compassion and forgiveness for myself and others.
Apr 03: Today, I will use my talents to serve others as well as myself.
Apr 04: Today, I will serve humanity by dedicating myself to a vision greater than myself.

A Season for Nonviolence, January 30 - April 4, is a national 64-day educational, media, and grassroots campaign dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities.

Inspired by the memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr., this international event honors their vision for an empowered, nonviolent world.

More information at www.seasonfornonviolence.net

Please enjoy these daily affirmations, adapted by the *Denver Area Task Force for A Season for Nonviolence* and provided in this format by

Ojai Peace Coalition
Symphony of Life & Spiritual Center