

# 90-Day Kindness Practice Pledge

I \_\_\_\_\_ (full Name) pledge on this  
\_\_\_\_\_ (month) \_\_\_\_\_ (day), \_\_\_\_\_ (year) to commit to a

## 90-day Kindness Practice.

Every day for 90 days I will find at least 3 ways (or more) to be kind in either thought, word, or deed. I will spend 5 minutes each night writing by hand in a journal what I did, how it felt, and if there were any synchronicities that occurred as a result.

I do this knowing full well that practicing kindness can make my life better as well as the lives of those I meet. Kindness is a way of being that promotes others to be kind. Even though kindness might be unable to stop accidents and other bad things from happening, it is, however, one of the fastest ways to heal from a trauma. Kindness makes a difference in our lives and in the lives of others.

NOTE: It takes 30 days to form a new habit, 60 days to break an old habit completely, and 90 days to make the new habit part of your unconscious programming.

Post this pledge in plain sight to remind yourself to keep your pledge.

It is also helpful to get those around you to commit to a Kindness Practice and to share your experiences with them.

Together we can make our world a kinder and more compassionate place.