A Season for Nonviolence - 64 Ways in 64 Days: Daily Commitments to Live By
Adapted by the Denver Area Task Force for: A Season for Nonviolence - January 30-April 4

1 -- Today, I reflect on what peace means to me.
2 -- Today, I look at opportunities to be a peacemaker.
3 -- Today, I practice nonviolence and respect for Mother Earth by making good use of her resources.
4 -- Today, I take time to admire and appreciate nature.
5 -- Today, I plant seeds—plants or constructive ideas.
6 -- Today, I envision plenty of food for all humanity and am open to guidance as to how I can help alleviate hunger.
7 -- Today, I acknowledge every human being's fundamental right to justice, equity, and equality.
8 -- Today, I appreciate the earth's bounty and those who make food available (grower, trucker, grocery clerk, cook, etc)
9 -- Today, I work to understand and respect another culture.
10 -- Today, I 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/movies/Internet.
23 -- Today, I will greet this day—everyone and everything—with openness and acceptance.
24 -- Today, I will drive with tolerance and patience.
25 -- Today, I will constructively channel my anger, frustration, or jealousy into healthy physical activities.
26 -- Today, I will take time to appreciate the people who provide me with challenges in my life.
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 so-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.
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.