

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.