THE SEASON FOR NONVIOLENCE – JANUARY 4 – APRIL 4, 2025

AFFIRMATIONS FOR NON-VIOLENCE TOWARD SELF

Day 1, Jan 30: Today, I contemplate Mahatma Gandhi's statement: "Be the Change You Wish to See in the World."
Day 2, Jan 31: Today, I reflect on what peace means to me.
Day 3, Feb 1: Today, I eliminate all self-deprecating joking and sarcasm.
Day 4, Feb 2: Today, I affirm my value and worth with positive "self talk" and refuse to put myself down.
Day 5, Feb 3: Today, I strive to learn from my mistakes without self criticism or judgment.
Day 6, Feb 4: Today, I forgive myself.
Day 7, Feb 5: Today, I practice self-compassion.
Day 8, Feb 6: Today, I let go of one thought or behavior that no longer serves my highest concept of myself.
Day 9, Feb 7: Today, I live in the present moment and release the past.
Day 10, Feb 8: Today, I find one way to "treat" myself to a peace-filled experience.

AFFIRMATIONS FOR NON-VIOLENCE IN CLOSE RELATIONSHIPS

Day 11, Feb 9: Today, I cause a ripple effect of good by an act of kindness toward another.
Day 12, Feb 10: Today, I choose to be aware of what I talk about and I refuse to gossip.
Day 13, Feb 11: Today, I hold no one hostage to the past, seeing each as a work in process.
Day 14, Feb 12: Today, I reflect on whom I need to forgive and take at least one step in that direction.
Day 15, Feb 13: Today, I practice compassion and forgiveness by apologizing to someone whom I have hurt.
Day 16, Feb 14: Today, I make a conscious effort to smile at someone whom I have held a grudge against.
Day 17, Feb 15: Today, I take time to tell a family member or friend how much they mean to me.

AFFIRMATIONS FOR NON-VIOLENCE IN MY COMMUNICATON

Day 18, Feb 16: Today, I tell the truth and speak honestly from the heart.
Day 19, Feb 17: Today, I speak with kindness, respect, and patience to every person that I talk with on the telephone.
Day 20, Feb 18: Today, I talk less and listen more.
Day 21, Feb 19: Today, I recognize that my words and actions directly affect others.
Day 22, Feb 20: Today, I greet this day--everyone and everything--with openness and acceptance as if I were encountering them for the first time.
Day 23, Feb 21: Today, I practice praise rather than criticism.
Day 24, Feb 22: Today, I send a kind, anonymous message to someone.

AFFIRMATIONS FOR NON-VIOLENCE IN RECREATION

Day 25, Feb 23: Today, I become aware of the violence I expose myself to on a daily basis and take steps to eliminate those sources.
Day 26, Feb 24: Today, l turn off anything that portrays or supports violence whether on television, in the movies, or on the Internet.
Day 27, Feb 25: Today, I chose activities for recreation that involve peace and invite others to join me in the experience.
Day 28, Feb 26: Today, I constructively channel my anger, frustration, or jealousy into healthy physical activities (i.e., doing sit-ups, picking up trash, taking a walk, etc).
Day 29, Feb 27: Today I write one email or letter to friends inspiring non-violence in their choices regarding recreation.
Day 30, Feb 28: Today, I say "No" to ideas or actions that violate me or others.
Day 31, Mar 1: Today, I consciously choose each thought and activity and affirm peace and tranquility for myself and others.
Day 32, Mar 2: Today I choose to compassionately encourage a child to notice and eliminate the sources of violence in his/her life.

AFFIRMATIONS FOR NON-VIOLENCE IN MY PERSPECTIVE OF OTHERS

Day 33, Mar 3: Today I operate from the “law of love” instead of the “law of destruction” in all my interactions with others.
Day 34, Mar 4: Today, I look beyond stereotypes and prejudices.
Day 35, Mar 5: Today, I strive to understand and respect another culture.
Day 36, Mar 6: Today, I seek the light of divinity within all people, even in the appearance of darkness.
Day 37, Mar 7: Today, I take time to appreciate the people who provide me with challenges in my life, knowing they are providing me with opportunities to heal.
Day 38, Mar 8: Today, I learn a prayer or spiritual practice from another tradition that seems strange or different to me.
Day 39, Mar 9: Today, I KNOW and live my Unity with all living beings!

AFFIRMATIONS FOR NON-VIOLENCE IN DAILY LIVING

Day 40, Mar 10: Today, I drive with tolerance and patience.
Day 41, Mar 11: Today I appreciate my boss or my teacher.
Day 42, Mar 12: Today I smile at all whom I see.
Day 43, Mar 13: Today, I treat the elderly I encounter with respect and dignity.
Day 44, Mar 14: Today, I treat all children with care, knowing that I serve as a model for them.
Day 45, Mar 15: Today, I listen with an open heart to at least one person.
Day 46, Mar 16: Today, I interact with my family in a relaxed and peaceful manner.

AFFIRMATIONS FOR NON-VIOLENCE IN WORK

Day 47, Mar 17: Today, I see my co-workers in a new light, with understanding and compassion.

Day 48, Mar 18: Today, I be open to other ways of thinking and acting that are different from my own.
Day 49, Mar 19: Today, I think of at least three alternate ways I can handle a situation when confronted with conflict.
Day 50, Mar 20: Today, I work to help others resolve differences.
Day 51, Mar 21: Today, I express my feeling honestly and nonviolently and with respect for myself and others.
Day 52, Mar 22: Today, I set an example of a peacemaker by promoting nonviolent responses.
Day 53, Mar 23: Today, I set the intention to approach work with peace and prepare for a week of being a light in my workplace.

AFFIRMATIONS FOR NON-VIOLENCE FOR MOTHER EARTH
Day 54, Mar 24: Today, I take time to admire and appreciate nature.
Day 55, Mar 25: Today, I practice nonviolence and respect for Mother Earth by making good use of her resources.
Day 56, Mar 26: Today, I appreciate the earth's bounty and all of those who work to make food available to me.
Day 57, Mar 27: Today, I plant seeds--plants or constructive ideas.
Day 58, Mar 28: Today I practice non-violence by protecting and nurturing all life: plant, animal, and human.
Day 59, Mar 29: Today I donate my time or resources to nurturing life on our planet.
Day 60, Mar 30: Today, I 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.

AFFIRMATIONS FOR NON-VIOLENCE IN OUR WORLD
Day 61, Mar 31: Today, I honor all the leaders throughout the world with peace, love and prayer.
Day 62, Apr 1: Today, I acknowledge every human being's fundamental right to justice, equity, and equality.
Day 63, Apr 4: Today, I serve humanity by dedicating myself to a vision greater than myself.
Day 64, Apr 4: Today I celebrate PEACE IN THE WORLD NOW! In my self, in my relationships, in my communication, in my perception of others, in my recreation, in my daily living, in my work, for Mother Earth, and in MY World!

I CHOOSE TO BE THE CHANGE I WISH TO SEE IN THE WORLD!