

My Acts of Peace Commitment

I, _____, personally commit to making three intentional Acts of Peace a day, every day -- adding up to over One Thousand Acts of Peace each year.

They may be very simple...like doing a small service for someone...offering a word of encouragement...not criticizing... not complaining...not getting annoyed...**anything that contributes to a little more peace in the world.**

Sometimes, they may be more difficult...like apologizing after an argument...letting go of a grudge...getting back in touch with an old friend or relative...forgiving someone who has deeply hurt me.

I will write down my three Acts of Peace each day in a notebook, to keep my commitment fresh and creative.

If I forget to make my Acts of Peace, I will simply start again with renewed vigor.

No matter what, I will not allow myself to become discouraged. I know I am developing the habit of **three a day** if I just keep at it.

I will count on the support of all those committed to making **One Thousand Acts of Peace** a year to encourage my own efforts.

And every time I commit an Act of Peace, I know I am supporting and encouraging them, as well.

PEACE. Three Times a Day. That's all. And that's everything.