

## The Choose Love Pledge

### I PLEDGE TO CHOOSE LOVE, EVERY DAY

I pledge to always try to find the courage to be grateful when life is not easy,  
to forgive myself and others, even when the person who hurt me isn't sorry;  
to cut the cord that attaches me to pain,  
and to step outside of the busyness of my life to help others.

That is how I Choose Love, and the empowering lesson is that **it is my choice.**  
I CHOOSE LOVE INSTEAD OF HATE AND ANGER.

Right now and every day, I will choose to replace an angry thought with a loving  
thought.

It's not about what happens to us in life, because things are going to happen.

It's about how we *respond* to the things that happen to us in life that matters.  
Our response is what shapes us and molds us into the person we become.

I know that I can't always choose what happens to me, but I can always choose  
how I respond.

I choose to always respond with love.