



A Season for Nonviolence - 64 Ways in 64 Days Daily Commitments to Live By

Submitted by Youth of Unity (YOU) International Organization

I will:

1. Listen to at least one person with an open heart.
2. Wake up and spend 6 minutes and 40 seconds loving myself.
3. Sit down with my family for one meal today.
4. Meditate daily.
5. Not eat meat.
6. Not use a product that was animal tested.
7. Take time to be in nature and appreciate it.
8. Plant plants and take care of them.
9. Cause a ripple effect by creating or doing an act of kindness toward another.
10. Smile, have fun and laugh.
11. Help someone in trouble.
12. Get rid of weapons.
13. Ignore stereotypes.
14. Get along with my family.
15. Learn from my mistakes.
16. Watch what I talk about – don't gossip for a day.
17. Tell a parent that I love them.
18. Learn about another culture.
19. Forgive someone today.
20. Forgive myself today.
21. Breathe deeply
22. Laugh at myself today.
23. Practice one day of listening without defending; speaking without judgment.
24. Put people in a room and don't let them out until they are friendly.
25. Give kids a number to call if they are abused.
26. Talk about problems with a friend.
27. Just walk away.
28. Today, Listen.
29. Think love.
30. Not kill.
31. Tell someone I really believe in them.
32. Read a book rather than focus on negative media.
33. Make the conscious effort to smile at someone whom I have held a grudge against in the past.
34. Play the role of peacemaker, by not promoting any violence in my life.
35. Recognize that my actions directly affect others.
36. Practice compassion and forgiveness by apologizing to someone who I have hurt in the past.

37. Make choices that utilize my talents to serve others by volunteering a portion of my time.
38. Make the conscious effort to educate myself on the effects of violence in our society.
39. Recognize that I am spiritually natured being, who lives a nonviolent lifestyle by choice, during this season and year round.
40. Find something special about everyone I meet.
41. Remain centered and talk from my heart.
42. Admit when I am (or have been) wrong.
43. Find a constructive way to channel my anger, like hitting a pillow.
44. Not scream at anyone.
45. Tenderly hold those I love rather than hitting them.
46. Commit to not watch violent TV or movies for 64 days.
47. Practice praise rather than criticism.
48. Slow down while driving, and let the other car go in front of me.
49. Commit to stop using derogatory words like “shut up” and “stupid.”
50. Tell the truth, speak honestly and from the heart.
51. Stop putting myself down, reaffirm my value and worth with affirmations and positive “self-talk.”
52. When angry, or jealous, channel their expression constructively into a physical activity like chopping wood, doing sit ups, or picking up trash.
53. When violent feelings come up, allow myself to observe and feel them but don’t act on them.
54. Agree to never participate in random acts of violence or vandalism no matter who tells me they are cool.
55. Make a commitment to myself to never strike another human being or animal.
56. Be at peace in the knowledge that not everyone I meet will like me.
57. I will walk away and not say a word, if someone wants to start a fight, or is feeling violent and wants to take it out on me.
58. Write down my feelings – express them on paper.
59. Stop and think of the consequences of taking a violent approach.
60. Ignore people who are yelling and shouting.
61. Write to the media in support of nonviolence.
62. Share the couch and remote with my brother or sister.
63. Take ten minutes each day to appreciate the people who provide me with challenges in my life, especially those who make you angry or frustrated.
64. Sign a nonviolence pact with friends.