

# The Kindness Pledge

Make kindness a way of life!

I \_\_\_\_\_ have  
read the Kindness Pledge and I understand and agree that:

- 🌿 **Can help make people's struggles more bearable.**
- 🌿 **Is a choice to focus on others and act to ease their experience.**
- 🌿 **Positively affects and improves the quality of life for everyone.**
- 🌿 **Helps make the world a friendlier and more courteous place.**
- 🌿 **Strengthens and nourishes our Community.**
- 🌿 **Empowers both the giver and the recipient thereby expanding goodwill and a sense of shared humanity.**



*Jacqueline Moore*

**JACQUELINE MOORE**

Kindness Community  
Founder

*Karen Frustereo*

**KAREN FRUSTERO**

North Port Art Center  
President