

# 5:1 Kindness Challenge Pledge

To Commemorate Intl. Conflict Resolution Day  
October 15, 2020



## I pledge to participate in the 5:1 Kindness Challenge.

In order to build and maintain healthy relationships, and to lay a foundation for civility under any circumstance, I commit to initiating **FIVE** positive interactions each day starting today.

These positive interactions can be the smallest, simplest gestures. They all count, and they are all banked for that **ONE** time that I may not be on my best behavior.

**I will also recognize and share kindness I observe in our community so we can collectively bank 5 acts of kindness for every 1 negative action in this very trying year.**

**Post Your Pledge** on social media to show your commitment.

**Capture Acts of Kindnesses** you see around you. Share and post photos and video.

On Instagram and Twitter use **#KindnessMatters2020** and tag **Conflict Resolution Alliance (@CRAHawaii)**.

[Yes, I will pass this on!](#)

By signing this pledge, I also commit to spreading the word and letting others (at least one individual) know about the 5:1 Kindness Challenge Pledge.

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Pledge Start Date*

**Go to [CRAHawaii.org](https://www.crahawaii.org) for details and more pledge forms.**

*Challenge by: Conflict Resolution Alliance, The Center for Alternative Dispute Resolution;  
The Hawai'i State Bar Association-ADR Section; The Matsunaga Institute for Peace and Conflict Resolution;  
and The Mediation Center of the Pacific*

