

5:1

Kindness Challenge Pledge

Be kind, Small kine, and Bank 'um.



In commemoration of International Conflict Resolution Day, October 17, 2019, I will participate in the **5:1 Kindness Challenge**.

In order to build and maintain healthy relationships, and to lay foundation for civility under any circumstance, I commit to initiating **FIVE** positive interactions each day from today until the end of October 2019.

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.



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

*Post your pledge and share some of your acts of kindnesses on your [Facebook](#), [Instagram](#), and/or [Twitter](#) account using **#KindnessMatters**, so we can follow your progress and you can see what others are doing!*

Go to ACRHawaii.org for details and more pledge forms.

- Pay someone a compliment • Offer encouraging words • Smile
 - Show appreciation • Make someone laugh • Hold the door open • Initiate conversation in the elevator • Give a two thumbs up

Challenged by:

The Association for Conflict Resolution Hawai'i, 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

