

*Please copy and tape this to your bathroom mirror,  
and read it EACH day while brushing your teeth.*

## **MY Personal pledge to Undo Racism and Discrimination in America**

1. I pledge first to take a look at my own racist attitudes, behavior, and thinking which I may have unconsciously acquired over my lifetime from the media, home, workplace, and education system.
2. I pledge to share, whenever possible, the 1995 findings of the genetic discovery, through the scientific study of DNA, which proved that all human beings originated from the same strand of life, thus making us all related as brothers and sisters who share a common heritage.
3. I pledge to treat all human beings, regardless of their origin, as I want to be treated and as I want my own family and loved ones treated.
4. I pledge to stress the beauty of diversity and of having a respect for all human beings whenever possible in my home, at school, at my workplace, and socially.
5. I pledge to the best of my ability to work daily to combat racism wherever I see it.
6. I pledge to help form coalitions whenever possible with religious, educational, service, and social organizations to discuss and work toward the elimination of all traces of personal and institutional racism and discrimination toward others who seem different from myself with regards to race, color, sex, creed, national origin, disability, sexual orientation, or human male or female sexual preference.
7. I pledge, as I am sojourning, to treat the earth and all living creatures with respect and care.
8. I pledge to review my pledge daily in order to remain focused and dedicated to this goal.

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