

HUMANITY PROJECT

America

A more conscious world, starts within.



THE 10 COMMITMENTS & AFFIRMATIONS

- 1** I commit to developing my awareness of self and others. **I AM CONSCIOUS**
- 2** I commit to finding positivity through adversity. **I AM RESILIENT**
- 3** I commit to making the best choices available to support my mental and physical health. **I AM HEALTHY**
- 4** I commit to speaking my truth and being my authentic self. **I AM AUTHENTIC**
- 5** I commit to creating a connection between my head, my heart and my gut before taking action, making judgments or decisions. **I AM HEART-CENTERED**
- 6** I commit to connect with ALL people. **I AM CONNECTED**
- 7** I commit to being fully available and present in my interactions. **I AM PRESENT**
- 8** I commit to protecting our Earth and all living things. **I AM A STEWARD**
- 9** I commit to doing more things that bring me joy. **I AM JOYFUL**
- 10** I commit to valuing myself for the AWESOME person I am. **I AM AWESOME!**