

I pledge to think more about the words I use.

I will try to see how gossip hurts people, including myself, and work to eliminate it from my life.

I will try to replace words that hurt with words that encourage, engage and enrich.

I will not become discouraged when I am unable to choose words perfectly, because making the world a better place is hard work.

And I am pledging to do that,  
one word at a time.

**WORDS CAN HEAL**.ORG