

List ideas for your personal pledge:

- 1.
- 2.
- 3.

Which of your ideas would be something you could pledge to do/not do starting today?

Which of your ideas would require some setup before you could start your pledge?

Which action will you pledge to take?

When are you planning to take this action?

Is it a one-time event or a habit to change?

What do you hope will be the impact of your pledge?

What could be the potential impact if everyone at your school engaged in this action?

What could be the impact if everyone in your state engaged in this action?

What could be the impact if everyone in the country engaged in this action?

If this action is not taken, what would/could happen?