



MY PLEDGE OF COMMITMENT TO  
A CULTURE BASED ON

## Dignity, Appreciation & Positivity

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When every individual feels safe, respected, and appreciated, collectively, it creates a world and a workplace fuelled with creativity, commitment, efficiency, positivity, innovation, and results that serve the highest good of all.

My commitment:

- I remember that every day is an opportunity to start fresh.
- I take 100% responsibility for myself and my actions.
- I embrace possibilities when faced with difficulties or change.
- I do what I say I will do.
- I am open to new perspectives and learning to grow.
- I choose to be part of the solution and not the problem.
- I use words that will uplift and promote positivity for myself and others.
- I take the time to organize my tasks and workspace.
- I monitor my stress and wellness levels and take appropriate actions to take care of them.
- I have a right to be treated with dignity. In turn, I have the responsibility to treat others with dignity.
- I show genuine and meaningful appreciation to others not only for what they do but for who they are as human beings.
- I might not agree with the actions of a person, but I will choose to show compassion and curiosity to understand instead of blaming or shaming.
- I stop and breathe when I start judging someone and then think of one thing I appreciate about them.
- I collaborate with others with an open mindset.
- I take pride in the work I do and respect the work of others.
- I set and respect my boundaries and respect the ones of others.
- I apologize when I mess up and recommit to doing better.
- I work on being clear on what I must do and what I communicate to others.
- I lead positively from any chair or position.
- I do my best each day and remember that everyone is doing their best as well.

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Signature