



# **Pledge of Personal power**

## **By Dave Hingsburger**

Point to self

**I am unique**

**There is only one me**

**I am different from everyone else**

Point out

**no one has a right to hurt me**

**No one has a right to call me names**

Hug self

**My body is my own**

**My mind is my own**

**My heart is my own**

Arm out in front, hand up, palm up in a stop position

**I will keep myself**

**Protected**

**Powerful**

**Proud**

**I will say NO! Back off! Leave me alone!**

Arms open and out stretched to each side

**I will take care of myself**

**I will take care of everyone here**