



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 out stretched

I WILL TAKE CARE OF MYSELF

I WILL TAKE CARE OF EVERYONE HERE