



In every aspect of my life I will strive to live **non-violently**.

I will attack problems, not **people**.

I will **be willing** to try to fix problems.

I will look for answers so **everyone** gets what they need.

I will **advocate** and promote non-violence.

I will support others who are **non-violent** and those  
exposed to violence.

I will make **no distinction** between religions, classes,  
genders, races or cultures.

**I will try to achieve peace by peaceful means.**

