



The

FEEL FIRST

PLEDGE

I commit to creating and sharing communication that will help myself and others to:

FACE FEARS BY...

Learning to open the doors to more dialogue.
Embracing diverse perspective and thinking.
Building communication bonds.
Developing opportunities to learn more.

HAVE EMPATHY BY...

Showing an understanding of how others think and feel.
Demonstrating listening with good intentions.
Helping to sooth distress.

LIVE WITH ETHICS BY...

Upholding values, truth and integrity.
Benefiting all parties involved.
Being objective and not biased.
Delivering transparency and accuracy.

UNLEASH LOVE BY...

Showing heart and passion.
Transmitting energy and spirit.
Extending love and kindness to others.

When you **FEEL** First in your communication you believe in the greater purpose of thoughts, words, and actions to create more positive impact in the world.

BY DEIRDRE BREAKENRIDGE

