



I discourage discrimination.

I love the fact that life brings a variety of personalities and backgrounds to the table. I create tables to invite others of all ethnicities, genders, colors, and orientations. I love that every person alive is different from the others, therefore provide safe space for sharing of conversations and ideas. Space for all to be seen and heard as we discuss experiences and how to create positive impact for welcoming venues of others. ***I look at the diversity as a reason to celebrate humanity.***

I embrace differences instead of discriminating. I know we are all equal and valuable.

Reminding myself that we all breathe the same air and have the same mechanisms that drive us.

Rejecting fear and diversions created by others with ill intentions. Comprehending those others are simply different not in heart or value, but simply in situations and location. We each have a different kind of home, job opportunity or social background. I am not only happy to connect with others in spite of our differences but welcome the connections.

Maintaining relationships with people who experience different circumstances provides opportunities to gain experience from others and determine how I can be of service to our community while we build not only diversity, but people equity and inclusion.

Embracing people who are different allows me to remain empathetic. ***It is easy for me to be kind to others when I allow myself to see and understand their position.***

Rejecting discrimination and bias is a conscious decision I make and continue to help others understand. Removing blame, shame, and anger so that we can see people's hearts and minds beyond any exterior is how I live.

Today and every day after, I commit to discouraging discrimination. I demonstrate to others the beauty of bonding with those who live different lives than us. I strive to experience diversity in every aspect of my existence so I can be more appreciative of what I have and improve on areas where I am lacking. I will be active in Advocacy. Speaking, teaching, learning, and working on how to make business, industry, community, and the world a better place.

_____ (Name) _____ (Date)

(Signature)



Self-Reflection Questions:

1. Do I participate in causes?
2. Is there more I can do to show kindness to others, so they do not feel left out?
3. Do I include my children when I am participating in outreach programs?
4. Do I seek education, conversations, and relationships with others for better comprehension on discrimination and bias or inclusion topics?
5. Do I stop biased thoughts when I recognize them, speak positivity, and change the thought process to create better habits?
6. Am I an active advocate?
7. Do I get offended at privilege for feelings of self-shame, blame or anger?
8. How can I learn to reject feelings of shame, blame or anger to better be an Advocate and Ally?