



**CONFIDENCE PLEDGE**  
*for women*

**Today, I pledge to be more confident in myself and my abilities.**

**I will be forgiving and generous to myself and others.** I will embrace my unique beauty and do my best to ignore the stereotypes portrayed in the media. I will encourage those around me to focus on their true beauty. I will refrain from negative self-talk and be a role model to the girls in my life. I pledge to be less judgmental and more forgiving of myself and the women and girls in my life.

**I will not attempt to sabotage anyone else's self-confidence.** I will not participate in any forms of physical or emotional abuse including bullying, cyberbullying, gossiping, hazing, exclusion, humiliation and coercion. I will lift up the women with whom I interact at work, in the community, and in my everyday life. I will treat others as I would want to be treated.

**I will have the confidence to stand up for myself and others.** I will not let pressure from other people lead me to forgo my values. I will respect myself enough to say "NO" to people and situations that are unhealthy to my well-being. I will not stay in an abusive relationship. I will offer support and guidance to my friends and others who may be involved in abusive relationships. I will encourage the girls and women in my life to live by their values.

**By joining with others, I will make the world a better place for all women and girls.** I will encourage confidence in myself, my friends, my family and others.



SIGN HERE



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