

The 11 Recommendations for Decency™

1. Choose compassion, goodwill, kindness.
2. Honor the right of political opinions and religious beliefs.
3. Question whether any intolerance still works for you.
4. Look beyond appearances instead of making snap judgments.
5. Listen more than you speak, and remain calm in tough discussions.
6. Be mindful of your language and tone of voice.
7. Gossip less, and set an example by quitting.
8. Reduce social media and violent media for 10 days and repeat.
9. Take responsibility for your choices all the time.
10. Remember that each day offers an opportunity for renewal.
11. Act with decency in each moment, each choice, each word.