

## PLEDGE CERTIFICATE

I am taking the "Happy Crap" Pledge  
which includes sharing Three Good Things each day  
as a part of my commitment to positive thinking.

• • •

I am ready to be happy."

• • •

"I promise to choose a positive perspective."

• • •

I will share Three Good Things about my day  
and make up Happy Crap every day...  
no matter what!"

Signed: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_