

# The Sunrise Pledge



I, , pledge to watch\* more sunrises in 2020 than I did in 2019. In 2019, I watched  sunrises and will watch no fewer than  in 2020. I vow to make the sunrise the destination, to be present in nature, and to feel the wind on my face. I will *not* be deterred if the sun does not shine. No matter how gray the day, or the adversity I face, I will remember *the sun still rises*. Now, let's go sunrising.

Signature:

Date:

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\* To *watch* the sunrise is more than to see the sunrise. Most of the sunrises we experience are by happenstance, something we see on our way to work, from the kitchen window during breakfast, or peeking through the blinds while still in bed. To *watch* the sunrise, is to seek the sunrise.