

The Sunrise Pledge



I, , pledge to watch* more sunrises in 2024 than I did in 2023. In 2023, I watched sunrises and will watch no fewer than in 2024. 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 discouraged if the sun does not shine. No matter how cloudy the day, or the adversity I face, I will remember the sun still rises. Let's go sunrising.

Signature:

Date:

* 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 bedroom blinds. To watch the sunrise, is to seek and feel the sunrise with intention.