



CBL
Community Basketball Leagues

Positively Impacting people, communities, and businesses!

CBL Pledge to my Community and to the America

I, (please print your first and last name) _____ pledge to:

Spend at least 500 hours per year or 2 hours per day improving myself mentally, physically, spiritually, and financially.

Give 10 hours of my time to local non-profit organizations that are working to improve my community.

Support all new start-up and/or pre-existing small businesses in my community.

As a business or non-profit organization I/we promise to re-invest in positive causes and events that improve our communities.

Signature: _____

The Community Basketball Leagues was created and started by Jamar Johnson based on the inspiration he got from a book he read called

The Tipping Point: How Little Things Can Make a Big Difference! ~ by Malcolm Gladwell