

## *Vow To My Future*

I, the undersigned, do vow to my future, that I will NOT engage in risky behaviors or make decisions in the present that may limit my options in the future.

I understand that risky behaviors and bad decisions could lead to the following outcomes:

no higher education/formal training

imprisonment

sexually transmitted disease

teen/young-adult parenthood

drug addiction

alcoholism

emotional and physical abuse

spiritual deficiency

I also understand that a successful future is not exclusively associated with financial success, but includes, spiritual, emotional and physical wellness.

I further understand that the above outcomes can affect my spiritual, emotional and physical wellness as well as my financial success.

I understand that taking care of myself spiritually, emotionally and physically is what the people who love me want.

I further understand that taking care of myself means I value myself, and valuing myself will prevent me from engaging in risky behaviors and making bad decisions even at the urging of my peers and friends.

*Signed* \_\_\_\_\_ *this* \_\_\_\_\_ *day of* \_\_\_\_\_, \_\_\_\_\_