

Be Healthy

Be physically fit and drug free

Be Involved

Serve your community

Be Studious

Stay in school

Be Ambitious

Set and achieve goals

Be Responsible

Live by moral and ethical principles

be your best self ★

an outreach program of



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I can be my best self by doing the following actions:

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I, _____, pledge to be my best self by implementing each of the elements of the Be Your Best Self Program into my own life.

(Sign Here)

(Date)

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