

**I INTEND TO DEVELOP MYSELF IN A  
POSITIVE MANNER, AND TO AVOID  
ANYTHING THAT WILL REDUCE MY  
MENTAL GROWTH OR PHYSICAL  
HEALTH.**

**I INTEND TO DEVELOP SELF  
DISCIPLINE IN ORDER TO BRING OUT  
THE BEST IN MYSELF AND OTHERS.**

**I INTEND TO USE THE SKILLS THAT  
I'VE LEARNED IN CLASS  
CONSTRUCTIVELY AND  
DEFENSIVELY TO HELP OTHERS AND  
NEVER TO BE ABUSIVE OR  
OFFENSIVE.**

