

Think!

Think before you do something.

Consider the alternatives before you act.

Careful thinking produces the best results.





You choose the way you act.

Your conduct is your choice.

You choose between right and wrong.

You choose to do what is good rather than what you know is bad.

Take pride in choosing to act the good and right ways.

Tell the truth.

Telling the truth is the right way to act.

Living with lies is harder than living a truthful life.

Being truthful and honest is important.





Good health.

Develop habits that keep you healthy.

Maintaining good health is your decision and a lifelong choice.

You can make yourself healthy.

Good health is the most important thing you have.

Keep your hands clean; wash them as often as possible.

Clean hands help to keep you healthy.

Wash your hands with soap and water for at least 15 seconds.

Keep your hands clean. Keep yourself healthy.





Eat fruits and vegetables, they are good for you.

Eat fruits and vegetables every day.

They will energize you, control your weight, and keep you healthy.

Seven is the lucky number of fruits and veggies to eat each day.

Eat a good breakfast.

Start your day in a healthy way.

Eat nutritious foods that give you the energy your body needs to maintain your maximum efficiency throughout the day.

Breakfast keeps you awake.

Don't smoke!

Never smoke.

Smoking causes cancer. It also causes heart and lung disease and other fatal diseases.

If you have started smoking, quit now.

If you can't quit, get help. You can do it!

Smoking can kill you.

Avoid drugs!

If you use drugs you hurt your mind and your body and you are breaking the law.

Maintain your health and happiness by saying NO and not using drugs.

If you have a drug habit, seek help from family, friends and professionals.



Listen to the person responsible for your care.

Think about what a parent or caring adult says to you.

If you disagree, disagree in a respectful manner.

A caring adult usually has your best interest in mind when making a decision affecting your life.



Be a good friend.

To have a good friend you need to be a good friend.

Do things for and with your friend that you might not do with anybody else.

Good friends are special people.

Accept responsibility.

Take responsibility for what you do.

Be a good person.

Learn in school.

Pay attention in class, respect your teachers, and learn.

Learn as much as you can.

Do your homework.

Take your time and concentrate on your homework.

If you need help, ask your friends and family.

Complete your homework on time and do your best work.

Reading is necessary.

Read something you truly enjoy.

It could be the sports section of a newspaper, a magazine, or a book.

The more you read, the easier it is to read.

Use a computer.

A computer will give you the power to do everything from playing games to communicating with people throughout the world.

When you are on the Internet beware of people you do not know and do not give them personal information.

Use a computer to enrich your life.

Go to movies and watch television.

It's fun to go to movies and watch television.

Be selective. See movies and programs that relax you, entertain you, and educate you.





Be a nice person.

A nice person is pleasant to others.

Be a kind, understanding and charitable person.

People who are nice have a good attitude.

Being nice is nice.

Be fair.

What seems fair to one person may not seem fair to another.

When you are fair with people, it is more likely that they will treat you fairly.

Courtesy counts.

Hold the door for somebody. Don't push when you are standing in line. Give up your seat to an elderly person on a bus or train.

When you are courteous, people will be courteous to you.

"Please" and "thank you" are really magic words.

By saying "please" and "thank you," people show themselves to be thoughtful, respectful, and nice.

Avoid rude words.

Avoid rude or crude words that might hurt or embarrass other people.

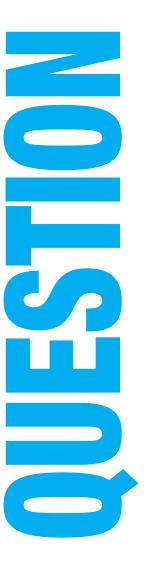
Always consider what effect your words will have.

Ask questions.

Asking questions does not show a lack of knowledge, but rather the search for knowledge.

Ask questions in a thoughtful and polite manner.

Learn from the answers.



Everyone makes mistakes.

We all make mistakes.

Learn to avoid making the same mistakes twice.

Sorry.

If you hurt someone's feelings, apologize.

If you make a mistake, apologize.

Saying "I'm sorry" will make you and the other person feel better.



Violence is not the solution.

Talk out your problems, don't fight about them.

Listen, speak, and resolve your differences.

Be a peaceful person.



Follow the rules.

Know the rules and go with them.

Breaking rules causes punishment and other bad consequences.

Follow rules.



Practice, practice, practice...

To be good at anything you need to practice.

No one is a champion or a gold-medal winner without practice.

People born with extraordinary talents still must practice their skills.

Practice with a positive attitude and you will succeed.

Be careful.

Be careful about the way you lead your life.

Think and use good judgment in what you say and do.





Express anger in a constructive way.

Learn to deal with anger in a constructive way and non-violent way.

Some people scream, some people rip things up, and some people keep the anger inside of them.

If you are angry at someone, let them know your feelings.

When you let go of your anger, you will feel better.



It's okay to cry.

Crying is an important expression of human emotion.

Don't be embarrassed to cry.

Presidents, athletes, and just regular people cry.

A good cry can make you feel better.

Think happy.

Think happy thoughts.

When you are down, replace your negative thoughts with positive, happy thoughts.

Let your thoughts be happy throughout your day.

Play.

Find an activity that you enjoy and have fun doing it.



You are loved.

You are loved by many people.

People show love in different ways.

Learn to recognize different types of love.

Show love to those you love.

AIM HIGH!

Enjoy your life.

