



Culture *of* Change Commitment Card

WILL SULLIVAN

Contact Will and share your stories

www.myspace.com/sullivanpro

www.wsulli@hotmail.com

Today, I take a stand for my life and **I choose to** . . .

- ✓ **Stop being a victim** of my circumstances
- ✓ **Be accountable and responsible** for my own decisions and actions
- ✓ **Tell someone** if I am being physically or verbally abused
- ✓ **Not let** my emotions make my decisions
- ✓ **Release** my anger in a way that solves the problem not create another
- ✓ **Take advantage of opportunities** that will allow me to become a valuable member of society
- ✓ **Not let** others' negativity influence me
- ✓ **Seek help to fight against fear, depression or anxiety**
- ✓ **Seek guidance** if something or someone is endangering my freedom, family or relationships
- ✓ **Say No!** to drugs, alcohol, and people who **don't value my life**
- ✓ Make the best decision for my future . . . **even when it is not the most popular decision today**
- ✓ **Respect my parents** . . . even if I don't think they deserve it
- ✓ Guard my ears (Hear) and my eyes (See) so that **I won't be led to do something I normally would not do**
- ✓ Be happy with **what I already have**
- ✓ **Have a positive outlook on my life** . . . even when my environment is negative
- ✓ **Test someone's love for me through their** trust, commitment, sacrifice and sound judgement
- ✓ **Be committed to myself everyday, beginning with today**

This signature represents a commitment to my life