

I CHOOSE TO LIVE

I do solemnly swear that I will support and defend the Constitution of the United States against all enemies, foreign and domestic.

I choose to appreciate each day.

I choose not to let my demons get the best of me.

I choose to buddy check those I can get in touch with.

I choose to reach out when I feel things are getting tough..

I choose to count my blessings NOT my battles.

I choose to believe I am worthy.

I choose to stay plugged in to those who support me.

**I choose to be there for my brothers/
sisters.**

I choose to not abuse my body, substances and the like.

I choose to stay grounded in faith, family & brotherhood.

I choose to LIVE!



**Veterans
Crisis Line**

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