



*Helping  
Students  
Make Wiser  
Choices*

## TEN WISE CHOICES

**Number One: Choose integrity.** (*integrity = wholeness, honesty, uprightness*)

I choose to be honest with myself and the world around me, to integrate my principles into my daily life. When I choose integrity, I make sound and healthy choices. I feel good about myself, and I stand proud.

**Number Two: Choose to do and be your personal best.**

I choose to do my very best each day. When I am willing to do my personal best, I win self-respect and self-esteem.

**Number Three: Choose a positive attitude.**

I choose a positive attitude, noticing what's good, right, and wonderful in myself and others. I learn to laugh at myself.

**Number Four: Choose self-responsibility.**

I choose to take responsibility for my thoughts, words, and deeds, my choices and actions. I take responsibility for achieving my goals. I take responsibility for my own happiness, for raising my self-esteem. I notice my mistakes and learn from them.

**Number Five: Choose quality over quantity.**

I choose quality of life over quantity of things like money and possessions. I know that success is much more than making money.

**Number Six: Choose to live by the Golden Rule.**

I choose to treat others as I would wish to be treated in the same circumstances. I choose to be honorable and respectful.

**Number Seven: Choose to see the beauty in diversity.**

I choose to be tolerant and understanding of those who are different from me by race, religion, gender, age, economic status, or culture.

**Number Eight: Choose a gratitude attitude.**

I choose to be grateful for my blessings: food, shelter, clothing, my health, education, country, family, and friends. I am grateful to be alive.

**Number Nine: Choose to serve.**

I choose to contribute to the world around me by looking for ways to serve my family, friends, school, and community.

**Number Ten: Choose to create a vision statement and live by it.**

I choose to write a vision statement that expresses who I want to be in the world, my personal rules for living, and my goals for my future.