

# **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**

**1-800-273-8255 PRESS 1**



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