

# Take Sweetie's *Believe You Can Pledge*



I, \_\_\_\_\_ my pledge to:  
*(your name here)*

**Believe I can be brave when things scare me.**

**Explore ways to understand and respect animals.**

**Live each day in the present moment.**

**Improve my communication with all of nature.**

**Explain to others that animals can think and feel.**

**Value other beings as well as myself.**

**Enjoy every day and to help others do the same.**