MY PLEDGE

I, _____ choose to...

ADAPT *my mindset*

- **A** **Aim** beyond what seems possible.
- **D** **Demonstrate** determination.
- **A** **Adapt** when the path changes.
- **P** **Push** through adversity.
- **T** **Trust** in my ability to grow.

TRIUMPH *my actions*

- **T** **Take** action, even when afraid.
- **R** **Rise** every time I fall.
- **I** **Inspire** others through my actions.
- **U** **Understand** that strength comes in many forms.
- **M** **Move** forward with purpose.
- **P** **Pursue** progress, not perfection.
- **H** **Honor** how far I have come.

My circumstances do not define my potential.

I ADAPT. I TRIUMPH.

Signed _____ Date _____

ADAPT & TRIUMPH

MY PLAN

MY TRIUMPH LOOKS LIKE...

WHERE I'M STARTING FROM

MY FIRST SMALL STEP

WHO'S IN MY CORNER

THE LETTER I NEED MOST RIGHT NOW circle one

A D A P T T R I U M P H

LOOKING BACK

On _____ (30 days from today), I'll read this again.

How far I've come: