

### 4-H CREED

I believe in 4-H Club work for the opportunity it will give me to become a useful citizen.

I believe in the training of my Head for the power it will give me to think, to plan and to reason.

I believe in the training of my Heart for the nobleness it will give me to become kind, sympathetic and true.

I believe in the training of my Hands for the ability it will give me to be helpful, useful and skillful.

I believe in the training of my Health for the strength it will give me to enjoy life, to resist disease and to work efficiently.

I believe in my country, my state and my community and in my responsibility for their development.

### 4-H PLEDGE

I PLEDGE:

My HEAD to clearer thinking

My HEART to greater loyalty

My HANDS to larger service, and

My HEALTH to better living,

For my club, my community, my country and my world.