

The 4-H Pledge



I Pledge...

My **Head** to Clearer Thinking

My **Heart** to Greater Loyalty

My **Hands** to Larger Service

My **Health** to Better Living

For My Club

My Community

My Country

and My World!

The 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.