“Goals that are not written down are just wishes.”
Unknown Author

The 5D Decision for Life

From this day on, I decide:

- to plan and prepare to keep myself, and the people I care about safe, and healthy

- to do my best to deter, and prevent unsafe, and unhealthy situations from happening to me, or those I love

- to do my best to disrupt, and interrupt any unsafe, or unhealthy situation in progress

- to do my best to disengage, and get away from an unsafe, or unhealthy situation as soon as I am able

- to debrief, and discuss with a trusted person about any unsafe or unhealthy situations that have occurred in the past, or may occur in the future.

___________________    __________
Signed                               Date

Reading, considering, and signing the 5D Decision for Life means that you have created a contract with yourself. Only you have the power to enforce it. You have now joined with many others who have also decided to take control of their personal safety and well being.