



Confirmation Pledge Certificate

I, _____, promise to make good choices so that I will be as healthy and well as I can. I ask the Holy Spirit to help me to keep this promise.

I also promise to avoid vaping and smoking, and not to drink alcohol until I am at least eighteen years of age. I ask the Holy Spirit to help me to keep this promise.

Finally, I promise never to take dangerous or illegal drugs and to help other people to do the same. I ask the Holy Spirit to help me to keep this promise.

Signed
