**Oath and Me Worksheet**

1. What is sacred to you (e.g., family, friends, shelter, food access, etc.)

2. What does a promise mean to you?

3. How do you demonstrate friendship in your daily life?

4. How do you show sympathy in your life?

5. How well do your sisters show assistance and support?

6. What does it mean to be someone’s champion?

7. How do you demonstrate the Oath of Friendship?

8. What does it look like when your friends demonstrate the Oath?

9. When is it difficult to uphold the Oath?

10. What changes do you need to make to align your behaviors more closely with the Oath?