



公益少年團「健康人生」宣言

A. 我們決心在個人方面：建立正面的個人價值觀

- 我們會愛護自己的身體健康，注重定時運動；注重心靈健康；
- 我們熱愛勞動，不分男女，主動做家務，肯幹粗活；
- 我們會吃得有智慧；注重對文化藝術的認識和培育；
- 我們相信天生我才必有用，學校成績僅是眾多能力的一部分，決不是全部；
- 我們除了學科、書本知識外，其他德、智、體、群、美，都同等重視，給予肯定；
- 我們會樂觀、幽默看待、肯定自己，看待人生，看待自己的能力，自己的出身；人生道路多得很，努力把握現在，道路由我開；
- 我們會積極進德修業，發掘自己的各方面興趣、潛能和獨特之處；我們決心發掘、培養個人的長處，性格的優點；
- 我們做任何事都竭盡所能，不懶惰；勇敢但不逞強，謙虛但不自卑；
- 我們決心多方面努力裝備自己，不急功近利；愛惜光陰，不散漫；
- 我們決心有計劃，逐步提升自己；每天生活有重點，決不糊塗過日子；
- 我們會曉得分辨是非、對錯，有公義、有憐憫；誠信守諾；
- 我們能接納、欣賞自己與別人的差異，心胸廣闊，虛懷若谷；思想正確，不使嫉妒、怒、恨佔據心思；
- 我們會曉得過感恩的生活，對生命的賦予，對父母，對萬事萬物，對地球的周遭都存感恩的感悟之心；
- 我們會對一草一木，太陽、月亮、雨水及空氣都能感悟自己的相關和得著；深覺每一族類，每一生命都原是美麗的，都應尊重；
- 我們會逐漸感悟，建立對自己為何而生，對自己為何而活，有一套正面的認知和信念；

B. 我們決心在家庭方面：建立正面的家庭價值觀

- 我們相信大部分人由健康的家庭孕育出幸福的童年及青少年；
- 我們接納部分家庭因種種原因，總有難處，但肯努力超越，必也能孕育出樂觀的童年與有志的青少年；
- 我們若然家庭環境富裕，會珍惜掌握條件；若然家庭環境越差，越會逆境自強，意志更強；
- 我們曉得與家人易地而處，感受他們的難處和不足；
- 我們相信了解、愛與寬恕是縫合、補救家人不和的良藥；
- 我們願付出、願行動、願寬恕、願承擔，以此作建立家庭的基石；
- 我們相信家庭是要彼此委身，願從小立志對家庭肯承擔；

- 我們相信健康的家庭要從自己及幫助對方感悟健康人格開始；
- 我們相信家庭縱有不足，有不幸，有一百一千個不是，但易地而處、委

身與承擔必能使之變安樂窩；

- 我們願從小學習對婚姻的終身尊重、信守承諾，對家庭的無私獻上和承擔；

C. 我們決心在社會及其他方面：承擔逐步建立健康的社會、國家、文化、世界價值觀、宇宙觀，達至天人合一共和諧

- 我們相信人類有別於其他動物，有良知、公義，知有天理、天道，願作一個堂堂正正的道德人；
- 我們深信社會、國家、文化、世界間，應按此良知、公義、公理、天道而行，人類文明方得以維持，提升進步；
- 我們深信個人、家庭、群體、小團體、大社會、國與國間，應以強扶弱、以富濟貧；越文明的國度、越有權勢的國度、實體和個人，應愈要曉得「服侍」別人、扶持弱勢者；
- 我們深信「非以役人，乃役於人」，個人、家庭、群體、社會、國家間、民族間，理應如此；
- 個人、家庭、團體、社團、國家、民族，皆應每天做好自己本份；
- 我們深信積累知識、財富，追求卓越，僅是生命的一部分過程；從各層面互相促進、互相「服侍」、互動互生，促進人類文明，謀求共同福祉才是我們真正的目的；
- 我們知道物質富裕、成就，對個人、家庭、團體、社會、國家、民族間固然重要，但要正途取得；
- 我們深信人的生命價值不在乎家道豐厚，而在於對家庭、群體、社會、國家、民族、世界人類幸福的肯付出、肯奉獻和肯委身；
- 我們知道功利、巧取豪奪，對個人心性發展、對家庭的凝聚力、對社會、國家、民族、世界的穩定和發展都是大敵；
- 我們深信追求簡樸生活、珍惜資源、善用資源是個人、家庭的好情操，是對社會能持續，後代福祉的責任；
- 我們深信樂善好施，扶弱濟貧，惜物珍情方是「愛裡互相服侍」，方是人類幸福文明的發展基石；
- 我們年青人對個人、朋友、群體、社會、國家、文化、民族、世界、宇宙之間的關係，互動互生，應有正確的感悟；
- 我們年青人應超越學校成績的框框，超越物質的自我成就、前途，貫穿社會、國家、文化、民族、世界，以至宇宙，作適切的定位和不斷的努力不懈；
- 我們年青人對人類文明、幸福應抱有一套大我的推動力、志氣和抱負。



Community Youth Club
Declaration on Healthy Living

A. We are determined to develop positive **personal** values:

- We exercise regularly to maintain a healthy body and mind.
- We love physical exercise, and are ready to do household and heavy manual work regardless of whether it is considered as a man's or woman's job.
- We eat wisely. We treasure and promote heritage and arts.
- We believe that we are worthy fellows. We aim beyond academic achievement, which is only one of the indicators of our ability.
- We work hard in pursuit of knowledge, but give equal emphasis to all-round development in other domains of ethics, intellect, physique, social skills and aesthetics.
- We are optimistic and take things easy. We are self-assertive and look at life, our ability and background positively. We take every opportunity we have now and set the path for our future.
- We are keen to attain all-round development. We develop our interests, potentials and unique abilities. We explore and promote our strengths and good traits.
- We work hard and give our best at all times. We are brave but not reckless, modest but not humble.
- We are eager to equip ourselves for future challenges. We work conscientiously and do not crave for overnight success.
- We strive for enhancement step by step. We make everyday count.
- We learn to discern right from wrong. We value justice, sympathy and integrity.
- We appreciate diversity and accept it with an open mind. We allow no envy, anger or resentment into our hearts.
- We live a grateful life. We feel obliged to our parents, society and nature.
- We cherish harmony and peace, and understand that we are part of nature. We deeply appreciate the beauty of every living creature and respect the uniqueness of every species.
- We explore the meaning of life and develop a set of positive values and beliefs in pursuit of a meaningful life.

B. We are determined to develop positive **family** values:

- We believe that healthy development begins with a happy family.
- We understand that some families may have their own difficulties, but believe in the power of personal efforts in shaping a happy life.
- We cherish what we have in smooth times and believe in our ability to sail through adversity.
- We know how to be considerate and sympathetic towards our family members.
- We believe that understanding, love and forgiveness are the best remedy for broken family relationship.
- We are ready to serve and devote ourselves to family commitments. We make devotion and forgiveness central to building a happy family.
- We believe that commitment is crucial to closer family ties, and pledge to be committed to our family.

- We pledge to develop a healthy character and help other family members to do the same, as we believe that they are essential to a healthy family.
 - We know that a family may not be perfect but believe that a happy family is built on affection, understanding and commitment.
 - We learn to respect marriage as a life-long covenant of whole-hearted devotion.
- C. We are determined **on a social level** to develop a healthy society, nation and culture and positive values towards the world and the universe:
- We believe that humans are different from other animals in that we are rational and have conscience and justice. We pledge to be a person of integrity.
 - We believe that human conscience, reason and justice should guide the way a society, nation, culture and the international community work. This is how human civilisation develops and advances.
 - We believe that the more fortunate have a duty to help the less advantaged. This is true to all individuals, families, communities, societies and nations.
 - We believe that we come not to be served but to serve. This is true to all individuals, families, communities, societies, nations and races.
 - We believe that every individual, family, community, society, nation and race has its own role and should perform its own duty every day.
 - We believe that the pursuit of knowledge, wealth and excellence is only part of the process of life. We aim at broader goals and strive for mutual improvement and service, richer civilisation and common good.
 - We know that material affluence and achievements are important to a person, family, community, society, nation and race, but insist that they should be acquired through proper means.
 - We firmly believe that the value of life is not measured by wealth, but by our contribution, devotion and commitment to our family, community, society, nation, race and the world community.
 - We guard against selfishness, dishonesty, exploitation and greed which are big enemies to personal growth, family cohesion and social, national, racial and international stability and development.
 - We recognise the merit of a simple lifestyle and our obligation to achieve sustainability for our future generations through optimal utilisation of resources.
 - We firmly believe that generosity, compassion and mutual support are the cornerstone of a civilised society.
 - We should have a proper understanding of our relationship and interaction with people, friends and other social groupings including communities, societies, nations, cultures, races and the world and universe.
 - We strive to go beyond academic and material achievements and make continuous efforts to position ourselves properly in a world of wider horizons.
 - We are committed to promoting human civilisation and common good with drive and determination.