My Promise Day Challenge

**Take charge of your mental health one promise at a time.**

**Be part of the *My Promise Day Is* campaign!**

Write a promise to yourself on the ballot below. Be more self-accountable of becoming more mentally healthy. Cut it out and place it somewhere visible! Be accountable for taking time to do that one special thing for YOU.

**What is at least one thing you will promise to yourself?** Keep it short and achievable and most importantly, make it *meaningful.*

***Here of some examples of promises you can make for yourself:***

* *Get at least 30 more minutes of sleep*
* *Replace one take-out meal with a home cooked meal this week*
* *Celebrate the good days and not dwell on the bad days*
* *Spend more time with your kids*
* *Do something nice for your spouse*
* *Visit or call your parents or grandparents*
* *Stop checking any work-related emails during the weekends and evenings*
* *Chose to be unplugged for a period of time [not attached to your cell phone]*
* *Give back to your community with your family or friends*



My Promise Day Challenge

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I PROMISE TO: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BY THIS DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Mental health begins with you.*

Source: <https://1010.org.au/promises>