



# Lift My Spirits Contract

I, \_\_\_\_\_, whenever I feel down, will take action to lift my spirits.

The activity or activities I will do is (are):

- \_\_\_ Join a support group
- \_\_\_ Exercise
- \_\_\_ Talk with a family member or friend
- \_\_\_ Keep a journal of good things
- \_\_\_ Spend the day \_\_\_\_\_ (doing something you enjoy)
- \_\_\_ Volunteer to help others in need
- \_\_\_ Other

Signed: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_