## 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:	

Courtesy of the Cooperative Extension Service, the University of Georgia College of Agriculture and Environmental Sciences, and the College of Family and Consumer Sciences.