**Pledge Card**

Make a pledge; This is a pledge to yourself, one where you pledge to practise self care and show gratitude to others. This can massively improve your wellbeing. By using this pledge card you can take time to live in the present and appreciate all the things you have in your life and do more of the things that bring you happiness and joy.

| Self Care  I pledge to ………………………………………………………………………………………….  Tomorrow………………………………………………………………………………………...  Next Week………………………………………………………………………………………….  One Month…………………………………………………………………………………………...  6 Months…………………………………………………………………………………………….  Others  I pledge to ………………………………………………………………………………………….  Tomorrow………………………………………………………………………………………...  Next Week………………………………………………………………………………………….  One Month…………………………………………………………………………………………...  6 Months……………………………………………………………………………………………. |
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Burnout to Bold by Marie Jenkins is part of Advance your Wellbeing Ltd

If you need help with Wellbeing; from consultancy to bespoke training packages or solutions visit us at www.advanceyourwellbeing.co.uk