

Tips For Writing Your Pledge

Some pointers to help you get the most from your pledge

1. PICK YOUR PLEDGE



Before deciding on your pledge take the time to think about what you want to achieve (your goal). Once you have this in mind you need to determine what change(s) will help you reach your goal.

If your goal is big, remember to break it down. Pick a pledge that is smaller, which will help you work towards achieving your overall goal. For example if the big goal is losing weight, then the pledge might relate to physical activity or healthy nutrition choices. Pledges should be motivating.

2. IDENTIFY ISSUES



Before you start it might be helpful to look at the pros and cons of your chosen pledge and address any cons.

It may also be helpful to examine whether you have any barriers to making the behaviour change you've pledged to, such as fear or anxiety, and explore these or seek support to address them.

4. COMPLETE YOUR PLEDGE AND START



Once you have picked your pledge, identified and dealt with any issues and prepared, it's time to commit to your pledge and get started.

Fill out the pledge paperwork and put it somewhere you will see it regularly, such as a screen saver on your phone, your fridge or mirror. This will keep it fresh in your mind and help you stick to it. You'll also be able to see your progress as you tick off each day on the pledge calendar.

3. PREPARE



Think about what you might need to help you succeed with your pledge. For example if your pledge is to drink more water, a water bottle could be helpful.

You may also want to look at your schedule to identify when you'll complete your pledge, such as when you'll carryout physical activity or prepare meals.

Rewards should be planned to celebrate your success (see below).

STICKING TO YOUR PLEDGE

STAYING ON TRACK



We all have bad days or may be something happens and you don't manage to complete your pledge one day, that's ok. The important thing is that you don't give up and don't let it derail your hard work!

The next day is a fresh start for you to continue your pledge and if it makes you feel better you can add an extra day.

It might help to reread your pledge and ensure you are seeing it everyday.

If you're regularly unable to complete your pledge you might need to examine whether it's realistic for you, and if not change it. It's about small, sustainable changes that work for you. Remember - pledges are for you, they are not a competition.

REWARDS



It is important to acknowledge your pledge success.

Rewards are important when making a behaviour change as they help us to recognise our achievements. They also help us to stay on track and motivated to make the desired change(s). Rewards can assist us to integrate the behaviour change into our lives permanently.

Rewards should be:

- Planned (mid-point and finish? Just at the finish?)
- Healthy!
- Something you want!
- Ideally something that supports the behaviour change you've made or that creates positive feelings



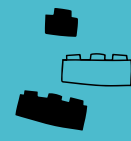
READ YOUR PLEDGE DAILY

Keep your pledge somewhere you'll see it everyday.

Read it everyday and remind yourself why you picked it and how good achieving it each day will make you feel.

At the end of the day make a note that you completed your pledge for the day on the pledge calendar and take a minute to feel proud of yourself.

Remember...



BUILD ON YOUR SUCCESS

Once you have completed your pledge (well done you!) why not start a new one? However, try to keep the behaviour change in your first pledge going. The idea is to make the change a routine part of your day to day life.

If you've got a bigger goal in mind think about what other small behaviour changes might help you achieve it and use one of these as your next pledge.

Then follow the process for your new pledge and keep adding to your success. You can do it!

QUESTIONS? NEED SUPPORT?
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