

Why Make a Pledge?

5 REASONS TO MAKE A PLEDGE

1.) POSITIVE CHANGES

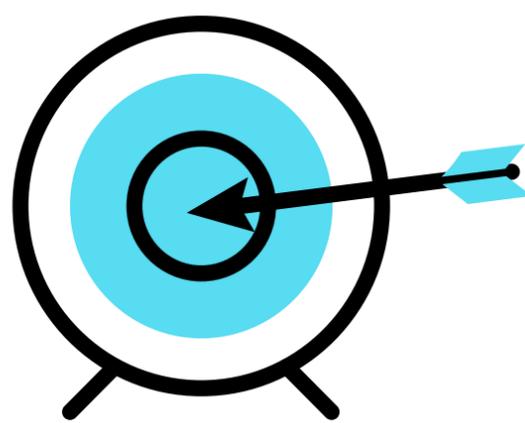


Making small healthy behaviour changes can result in big positive outcomes. We suggest that to start, pledges are small changes that you can integrate into your life fairly easily. We have provided some information on potential pledges such as sleep, hydration and nutrition. Positive outcomes (depending on the pledge) could include: increased energy levels, reduced anxiety, increased confidence, weight loss or increased levels of wellbeing.

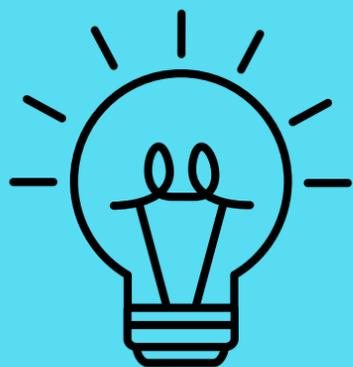
2.) SOMETHING TO AIM FOR

Making a pledge can help you:

- Determine what you want to achieve or change and why
- Decide on a course of action
- Achieve the change or goal - writing down your pledge can increase motivation and commitment, making you more likely to succeed



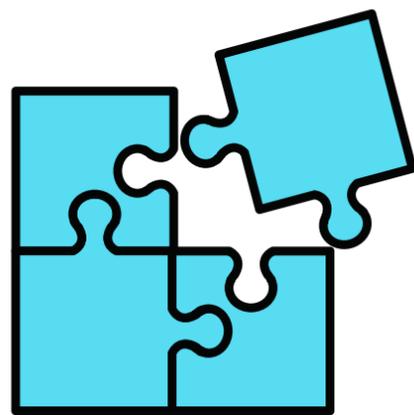
3.) REALISTIC



Picking a pledge can help you determine whether the behaviour change is realistic for you, and if you'll be able to add it to your daily life. It's up to you how challenging you make your pledge, just try to ensure that it is manageable and will not cause you any additional stress or anxiety trying to achieve it. You can always amend your pledge to make it more or less challenging if necessary, or set a new one if you wish to.

4.) SUSTAINABLE

Pledges could help you to embed healthy behaviours into your everyday life. Pledging to a small behaviour change, such as drinking more water, can be manageable and can result in a long term, sustainable change. Breaking a large goal into smaller components for pledges can make it less daunting and achievable.



5.) FEEL GOOD



The new behaviour you adopt could make you feel better. For example you may feel more energetic, calmer, more confident, or healthier - depending on your chosen pledge. Completing your pledge could give you a sense of achievement and increase your confidence and determination, helping you to tackle any other changes you want to make in your life. Remember - pledges are for you, they are not a competition.

BEFORE MAKING YOUR PLEDGE WHY NOT READ OUR TIP SHEET

**QUESTIONS? NEED SUPPORT?
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