Dear Me, Here is What I am Doing for Hepatitis Awareness Month

May 20, 2018 By Lucinda K. Porter RN

Have you ever wanted to do do something, but never got around to it? For instance, Hepatitis Awareness Month is roughly two-thirds over, and perhaps you haven't stepped up and acted to make a difference. If so, how about taking your determination to a new level, and write a letter to your future self, and then post it at Future Me (www.futureme.org).

Here's my letter:

> Dear Me,
>
> You set a goal to blog every day during Hepatitis Awareness Month. I know you want to change the world, but you can only change yourself. How are you doing with this? Are you practicing the #1 rule of health activists, Take care of your health first? If so, I am delighted that you remembered. If not, then I want to remind you that your health is a full time commitment.
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> In case you forgot, here are the things I most want you to remember:
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> - Be sure you sleep 8 hours every night.
> - Exercise every day.
> - Don't sit for more than an hour without getting up and doing something vigorous.
> - Eat a lot of vegetables.
> - Never, ever drink any alcohol but don't let this stop you from having a lot of fun.
> - Read juicy novels, travel, and laugh a lot.
> - Meditate, have faith, and breathe your way through difficulties.
> - Avoid difficult people, fast from too much technology, and give thanks for all that you have, particularly family, friends, and this precious planet.
>
> Sincerely,
>
> Me

Did you write a letter to yourself? Did you post it to post it at Future Me? If so, tweet @hepatitismag. If so, congratulations!

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