



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 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.

In case you forgot, here are the things I most want you to remember:

- 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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<http://beta.docker.hepmag.com/blog/dear-for-hepatitis-awareness-month>