



## 2023 Public Service Announcement Contest

### PSA Topic: Dear Me...

In this PSA, create a message to yourself from your FUTURE self. Imagine you had the ability to talk to yourself (as you are now) from your future perspective.

Here are a few questions that might help you generate some ideas:

- What would you say to your young self? What advice would you give yourself about what's really important and what is not worth worrying about now?
- Do you think you are making smart decisions in the present? What do you think your Future Self would say about the choices you are making today?

Use your imagination and have fun with this topic!



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Visit [www.cmchcc.org/psa](http://www.cmchcc.org/psa) for more information and to submit your PSA.

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