You are invited to use this planner to bring Not Myself Today to life in your organization. This planning template allows you to tailor the initiative to suit the needs of your own workplace, so that you can plan the work, and “work the plan” all year long.

**KICK OFF SUPPORTING MATERIALS**
- Senior leader briefing note
- Senior leader email template
- Kick-off Poster
- Co-branded Kickoff Poster
- Kick-off video
- Kick-off presentation

**YEAR-LONG AWARENESS-BUILDING MATERIALS**

**ONLINE**
- Cobranded poster
- Infographics
- 52 Weekly Tips
- Facts of the Matter Quiz
- Trustmark

**OFFLINE**
- Posters
- Door hangers
- Pledge sign
- Mood flip book

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