Use this activity to make your #MyPreventionStory — finish the sentences below, take a screenshot or photo, and share it on social media using the hashtag #MyPreventionStory to join the conversation.

**GENERAL**
1. Prevention is important to me because: __________________________________________

2. To me, prevention represents: __________________________________________________

3. I love that the prevention community: ___________________________________________

4. I take care of my mental health through: _________________________________________

5. I help prevent substance use by: ________________________________________________

6. I lead a safe, healthy life by: __________________________________________________

**PERSONAL STORY**
1. I feel supported in my [prevention/recovery] journey by: _________________________

2. An activity that is important to my prevention story is: ____________________________

3. Prevention/recovery allows me to: _____________________________________________

**PROFESSIONAL STORY**
1. I got involved with the field of prevention because: _____________________________

2. My organization is committed to prevention by: _________________________________

3. I enjoy working in the field of prevention because: ______________________________