



WellNYS
Everyday

WellNYS Daily To-Do

2021 November

Practice Thankfulness

In 2021, participate in **THE THREE** every day by doing the following

1. Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the **Go Beyond the Challenge** starting November 21st.
2. Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <https://wellnys.goer.ny.gov/>.
3. Ask your wellness partner, "Did you do the WellNYS Daily To-Do?"

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

WellNYS Everyday
Making better choices to be well and stay well.

- WellNYS Daily To-Do: Wednesday October 27, 2021. Go Beyond the Challenge: As you are raising and cleaning up.
- October Monthly Challenge: Enjoy the fall harvest.
- My First or Next 5K 2021
- Physical Activities Around NY
- 5 Day 5K
- WellNYS in your Workplace
- Wellness Resources
- Headspace
- NYS Quitline: You can quit. We can help.
- Find a NYS Farmers Market
- NYS Workplace Working Here
- ABOUT US

Check off your Daily To-Dos at <https://wellnys.goer.ny.gov/>

DECEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

UPCOMING MONTHLY CHALLENGES

December Start each day with a positive affirmation.



Once you've completed the To-Do, check the box!

- 1. Today is the first day of the Monthly Challenge to practice thankfulness. Register at: https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm.
- 2. Would you like all the Daily To-Dos on one page? Go to the WellNYS Everyday website <https://wellnys.goer.ny.gov/> and click on the Wellness Resources portal. Go to the November WellNYS Daily To-Do PDF and you will be able to print it.
- 3. During this month of celebrating Thanksgiving, each day write down one thing you are thankful for. Use a journal or the notes app on your phone.
- 4. Think of one colleague who has assisted you with a work problem in the past week. How can you make a difference in their day today?
- 5. Tell a friend how much you appreciate them.
- 6. What is it about nature that you thankful for? Is it the warm sunshine, a cool breeze, a sky speckled with clouds, or a morning sunrise?
- 7. What is something you are grateful for that doesn't cost money?
- 8. Write a thank you card to someone who is special to you and send it!
- 9. The next time you speak with a military service person, or first responder, express your gratitude with a simple statement like, "Thank you for your service."
- 10. When things aren't going as planned, try to practice gratitude anyway. When you're grateful, you focus more on opportunities than failures.
- 11. What three things are you thankful for at this moment?
- 12. What does thankfulness and being stressed out have in common?. With increased gratitude, you are less likely to be stressed.
- 13. In your journal today, write about an unpleasant experience and how it transformed into something positive in your life.
- 14. When you practice gratitude, you take time to appreciate the things that you're thankful for in your life. When you do this, you will find you aren't as focused on what you think might be missing from your life because you won't be paying as much attention to it.
- 15. Write down five people who have affected your life in a positive way.
- 16. Look back at your photo albums and make a list of the top 10 experiences that changed your life.
- 17. Name three things that you can do to help others such as volunteering, helping, or donating.
- 18. Good morning and happy Thursday! What part of this morning are you thankful for? Is it a big stretch, a warm cup of coffee, time with a snuggly pet, or a hot shower?
- 19. What movie are you thankful for? Most likely you've watched it many times. What lessons did it teach you? What lines do you quote? For example, "And that's all I have to say about that." – Forrest Gump
- 20. Sometimes life is difficult, but you can learn many lessons from your experiences. Can you think of a time that was difficult, yet you were still able to be grateful for the experience?
- 21. Everyone gets one day per year to celebrate their birthday. There are many ways to acknowledge the birthday person. Send a card or text, a social media post, or call and sing "Happy Birthday to you!"

GO BEYOND THE CHALLENGE

- 22. Name a person you are grateful for, a favorite object you use every day, and an experience you've had in your lifetime that if you could go back and do it again, you would do it right now without question.
- 23. Start a new Thanksgiving tradition this year. Take a white tablecloth and permanent markers and ask everyone to write on the tablecloth what they are thankful for. Stitch over the writing (or ask someone to do this) so the expressions of gratitude will be permanent and display it every year at Thanksgiving.
- 24. On this Thanksgiving eve, take a gratitude walk by yourself or with someone special and share 21 different things you are thankful for in 2021.
- 25. As you are gathering with others today, ask this question. "If you could thank one person for their influence on your life, who would you thank?"
- 26. What is it about music that are you thankful for? Is it an artist, a type of music, a specific radio station, or a special playlist? Maybe it's one song that reminds you of a special person.
- 27. What skills or abilities are you grateful to have? Are you a great listener, a great cook, an organizer, a skilled carpenter, or do you have a special ability that's unique to you?
- 28. Think about a time when someone went out of their way to help you. Who was it, and what did they do? Follow-up with this person today and remind them what they did and why you appreciated it.
- 29. Place a gratitude journal next to your bed and write in it every night. Thinking about the positive things in your life is a great way to relax and fall asleep.
- 30. Looking back to when you were a child, who had the biggest impact on your life? Was it a family member, a friend, a teacher? Write down the person's name and what they taught you that you are grateful for today.

Today is the last day of November. Go to the WellNYS Everyday website at <https://wellnys.goer.ny.gov> and check off the days you participated in the Monthly Challenge.

NUMBER OF
DAYS COMPLETED