

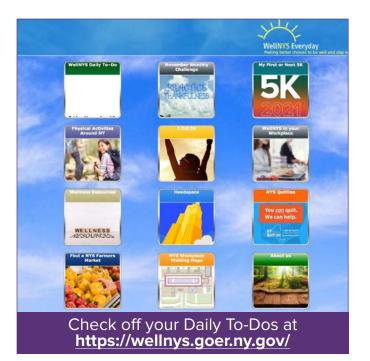
Start Each Day with a Positive Affirmation

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

1. Practice the WellNYS Daily To-Do.

- Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <u>https://wellnys.goer.ny.gov/</u>.
- 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	31	



	JANUARY					FEBRUARY							
S	М	т	w	т	F	S	S	М	т	w	т	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28					
30	31												

UPCOMING MONTHLY CHALLENGES

January	Set a new health-related goal			
	and track your progress.			
February	Create a bucket list or			
	vision board.			
March	Eat one meal without			
	distractions.			

December WellNYS Daily To-Do

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

I. Today is the first day of the December Monthly Challenge. Start each day with a positive affirmation. <u>https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm</u>.

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- 2. Positive affirmations are statements that can help brighten your outlook on the world when you say them to yourself regularly. These affirmations may motivate you, boost your self-esteem, and encourage you to make positive changes in your life. Pick a phrase and repeat it to yourself daily. For example, "Today is going to be a great day." For more information, go online and search "positive affirmations."
- \Box 3. I can do anything I put my mind to.
- \Box **4.** I am healthy and strong.
- □ 5. My life is happening right now; I will be here now both mentally and physically.
- \Box 6. I am a kind and thoughtful person.
- \Box 7. My body is full of energy and strength.
- \Box 8. I am calm and relaxed.
- 9. I did enough yesterday and am excited about what today brings.
- □ **10.** I am unaffected by the judgment of others.
- □ **11.** I will release worry and anxiety today and replace it with peace.
- □ **12.** There is no better moment to start than right now.
- \Box 13. I have everything I need to be happy.
- □ **14.** I like to try new things, and today I will try...
- **15.** Self, I love you.

- □ 16. Today, I will be my best self.
- □ **17.** I am going to speak nicely about myself today.
- □ **18.** Today, I will try a new healthy behavior.
- □ **19.** I am blessed with good friends that I can turn to.
- 20. I am going to do something nice for someone special.
- □ **21.** Today is the youngest I will ever be, and I will make the most of my day.
- □ 22. I control my own happiness.
- **23.** Today, I will move my body to the best of my ability.
- 24. I've got this!
- 25. I am sending peace and love to my friends and family today wherever they may be.
- \Box **26.** I am amazing and beautiful.
- □ 27. The past has no power over me. I am creating my future.
- 28. As the new year approaches, I will look forward to new challenges, opportunities, and experiences.
- □ 29. I am self-motivated and full of energy.
- □ **30.** I enjoy practicing healthy habits.
- I 31. Today is the last day of December. Go to the WellNYS Everyday website at <u>https://wellnys.goer.ny.gov</u> and check off the days you participated in the Monthly Challenge.

NUMBER OF DAYS COMPLETED