



WellNYS
Everyday

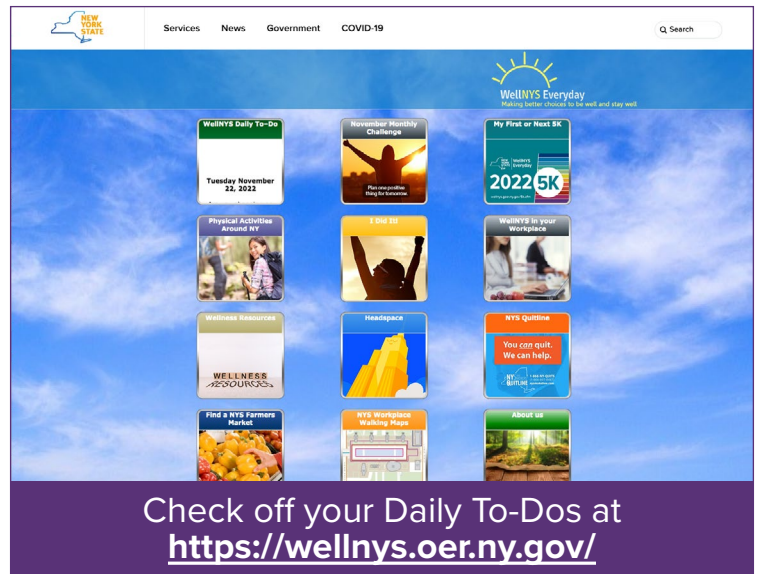
WellNYS
Daily To-Do

December

Use a journal to plan healthy activities for 2023.

In 2022, participate in **THE THREE** every day by doing the following

1. Practice the WellNYS Daily To-Do.
2. Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <https://wellnys.oer.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	31

December

WellNYS Daily To-Do



WellNYS
Everyday

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

1. Use a Journal to Plan Healthy Activities for 2023, is the December Monthly Challenge. Register on the WellNYS Everyday website and track your progress at: https://wellnys.oer.ny.gov/registration/monthly_challenge_description.cfm.
2. What type of journal do you prefer to use: leather bound, notebook, the notes section in your cell phone, or a piece of paper? Choose the type of journal you like and journal for at least 22 days this month to earn the final completion certificate of the year.
3. Before we plan 2023, for the next six days, lets journal about 2022. What or whom are you most thankful for in 2022?
4. What was your favorite place that you visited in 2022?
5. What was the best thing you did for someone in 2022?
6. What was your biggest lesson you learned in 2022?
7. What achievement were you proud of in 2022? Journal the first thing that comes to your mind.
8. As we close December 2022, reflect or journal what needs to change in 2023 in one area of your life.
9. What habits do you need to stop doing this month? Use your journal to write down healthy habits that you would like to practice consistently in 2023.
10. Let's think of healthy activities that you like to engage in during the winter months. List in your journal three physical activities you enjoy doing outside.
11. Where would you like to vacation in 2023? Who would you like to take with you?
12. Did you use a personal financial budget in 2022? If yes, what did you do well to stay within your budget? If not, would you consider starting a budget in 2023 to reach your financial goals? Journal about what financial benefits you might have if you use a budget.
13. Do you stretch daily? As you get older, your body may feel stiff, and it could be harder to move around. Would you be willing to plan to do a few stretches in the morning, at lunch, and before bed? Here is an article on the importance of stretching <https://www.health.harvard.edu/staying-healthy/the-importance-of-stretching>.
14. What type of outdoor physical activities do you enjoy during the different seasons?
15. In 2023, what type of class would you like to take to learn something new? Once you've identified what you would like to learn, search online by typing in the subject name and add "near me." For example: Ballroom dancing near me. Write down your ideas in your journal.
16. It's never too early to start saving for the holidays. A good financial measurement is to determine how much you are spending this year. Then divide that amount by the weeks in 2023 and put that total dollar amount in a holiday savings account. Write down the amount you'd like to save in 2023 for the holidays.
17. There are 52 weeks in a year. Today is Saturday. Brainstorm healthy activities you can do once per week in 2023. It could be a different activity every week or it could be the same one.
18. Celebrating achievements, milestones, anniversary's, birthdays, retirements, and reaching goals are important for maintaining and developing relationships with family and friends. What achievements will you celebrate with family and friends in 2023?
19. What did you fail at this year? This may be a strange question, but according to Sara Blakely, the CEO of Spanx, her father used to ask her this every day. Having failure to report is a good thing, and nothing to be ashamed of, and hopefully, we learn from our mistakes.
20. So often we get into a routine, year after year, when it comes to who does the chores around the house. If you live with someone, write down all the chores it takes to maintain your household, and switch up who will be responsible in 2023.
21. Are you using a journal to plan healthy activities? It's never too late to start.
22. How can you plan to be outrageously generous in 2023? Could you donate your time or money each week or once per month? Can you plan a goal to do this in 2023?
23. Saying a positive affirmation is a great way to start your day. Journal a few ideas on how you could start your days in 2023 with an affirmation. After you review your ideas, narrow it down to one you could say each morning.
24. Do you have a \$1,000 emergency fund in place in case you have an emergency? Write in your journal what you might use the emergency fund for.
25. Keeping a gratitude journal could be one of the best things you do in 2023. Every day, spend a short time writing down one thing you are grateful for.
26. What's your word for 2023? Choose one word that could have an impact on your life. This word could provide a vision or theme for the entire year. Write it down, share it with others, and act out your word daily. Start with journaling a few words that come to mind, then narrow it down to one.
27. Physical activity is an important part of a healthy lifestyle. Click on the following link to learn more about moderate and vigorous physical activity. Which one is right for you in 2023? <https://health.gov/moveyourway/activity-planner>.
28. Did you engage in any of the WellNYS Everyday Monthly Challenges or attend any monthly wellness webinars? If you did, journal about your experiences.
29. What are you plans for the weekend? Do they include thinking about 2023? Use your journal to write down any habits you would like to begin next year?
30. Kindness is contagious. Next year has 365 days so use your journal to come up with ways to be kind in 2023.
31. Today is the last day of December. Go to the WellNYS Everyday website at <https://wellnys.oer.ny.gov> and check off the days you participated in this Monthly Challenge.

NUMBER OF DAYS COMPLETED