



WellNYS
Everyday

WellNYS
Daily To-Do

November

Plan One Positive Thing For Tomorrow

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			

UPCOMING MONTHLY CHALLENGES

December

Use a journal to plan healthy activities for 2023.

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

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

November

WellNYS Daily To-Do



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

1. November's Monthly Challenge is Plan One Positive Thing for Tomorrow. Register on the WellNYS Everyday website and track your progress at: https://wellnys.oer.ny.gov/registration/monthly_challenge_description.cfm.
2. Make time tonight to prepare for tomorrow. Here are two quick ideas: make your lunch and put it in the refrigerator and lay out your work and exercise clothes. This will save you time in the morning.
3. Do you have an important meeting tomorrow? Today, think about what this meeting would be like if it went well. What would you need to do and how would you do it to make the meeting successful?
4. Plan today to be generous tomorrow. Do you have one-dollar bills in your wallet? Having them available could provide a cash tip to a server, or you may want to drop a few dollars in a donation bucket.
5. Do you need more time to accomplish a task tomorrow? Tonight, set your alarm to wake up 15-30 minutes earlier.
6. Here is a quote by H. Jackson Brown Jr. "The best preparation for tomorrow is doing your best today." Name one thing that you could do today to better prepare for tomorrow.
7. Plan today for a "dream" date you've been wanting to have with your partner or close friend. Ask this person today for a time confirmation for tomorrow. Prepare a list of what you want to talk about and do with this person.
8. This month plan and estimate how much your health care needs might be for 2023. Open enrollment for NYS Health Care Spending Account and the NYS Dependent Care Advantage Account is November 1 – December 12, 2022. Active NYS employees can visit <https://oer.ny.gov/fsa> to sign up.
9. Today is Wednesday. If you are going away for the weekend, make a list of all the things to be completed tomorrow, such as cleaning your home, going grocery shopping, or doing the laundry. Get your tasks done before you go away. Once you return, all the chores will be completed, and you'll be ready to start the week feeling positive.
10. Did you know you can estimate your NYS pension benefit by putting a future retirement date into the pension calculator? NYS employees are encouraged to go to <https://web.osc.state.ny.us/retire/sign-in.php> to sign-up and sign into NYSLRS Retirement Online. Once you are in your account, click on "Estimate my Pension Benefit" to type in future retirement dates.
11. What are your one-year goals related to finances or health-related activities? Ask yourself if what you are doing today will help you get to where you want to be tomorrow.
12. Often, we spend our weekends completing chores, but plan today to have some fun tomorrow. What would be fun for you to do? Fun looks different to all of us, so what's on your list?
13. Before you go to bed tonight, tidy up your home. This will give you a fresh start tomorrow.
14. We all need something to look forward to whether it be a long weekend, a trip, or an event. Name two things that you can do tomorrow to plan something in the future.
15. Do you procrastinate and put off completing tasks until tomorrow when you could do them today?
16. Keep a notepad next to your bed just in case you can't sleep and have something on your mind. When you wake up, you'll immediately read what was keeping you awake and can make a plan today on steps you can take tomorrow.
17. Today, think of a random act of kindness you can do tomorrow to make someone's day.
18. Today, make a short list of relatives or friends that you have been thinking about and haven't spoken to in a while. Reach out tomorrow to at least one of them by either calling or texting.
19. Here is a quote by John Wayne. "Tomorrow is the most important thing in life. Comes into us at midnight very clean. It's perfect when it arrives, and it puts itself in our hands. It hopes that we've learned something from yesterday." What did you learn yesterday in your life, that could affect you tomorrow?
20. Are you having difficulty waking up when it's dark outside? Today, research an alarm that also turns on a light gradually. This light may make it easier for you to wake up tomorrow morning.
21. Are you hosting a Thanksgiving meal this year? Look at your menu now and see if there is anything you could prepare tomorrow. Maybe you could make a pie, cut up vegetables, or set the table.
22. Are you shopping on Black Friday? Check your bank account today to make sure you have the necessary funds to cover the costs of your purchases.
23. Tomorrow is Thanksgiving. Plan to be outrageously generous with your words and your actions.
24. Do you know planning can reduce your stress level? Planning allows you to schedule time for what you need instead of allowing your schedule to control you.
25. When you are planning your to-do list for tomorrow, can you delegate any tasks instead of doing them all by yourself?
26. What could you do today to make tomorrow better?
27. Plan now to ask someone tomorrow, "What can I do to help you?" Or "What can I do to make your life easier?"
28. The Monthly Challenge in December is "Use a Journal to Plan Healthy Activities for 2023." Do you have a paper or digital journal? If not, purchase one today to be prepared to begin on Thursday.
29. Look back over the past month and name one positive thing you did that you would continue to do in December.
30. Today is the last day of November. 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