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.
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/](https://wellnys.goer.ny.gov/).
3. Ask your wellness partner, “Did you do the WellNYS Daily To-Do?”

### 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.

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


☐ 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.”

☐ 3. I can do anything I put my mind to.

☐ 4. I am healthy and strong.

☐ 5. My life is happening right now; I will be here now both mentally and physically.

☐ 6. I am a kind and thoughtful person.

☐ 7. My body is full of energy and strength.

☐ 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.

☐ 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.

☐ 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.

☐ 31. Today is the last day of December. Go to the WellNYS Everyday website at [https://wellnys.goer.ny.gov](https://wellnys.goer.ny.gov) and check off the days you participated in the Monthly Challenge.

☐ NUMBER OF DAYS COMPLETED