



WellNYS  
Everyday

# WellNYS Daily To-Do

# 2021 December

## 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/>.
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	<b>25</b>
26	27	28	29	30	31	

WellNYS Everyday  
Making better choices to be well and stay well

WellNYS Daily To-Do

November Monthly Challenge  
PRACTICE GRATITUDE

My First or Next 5K  
5K 2021

Physical Activities Around NY

I feel so...

WellNYS in your Workplace

Wellness Resources  
WELLNESS RESOURCES

HeadSpace

NYS Outlines  
You can quit. We can help.

Find a NYS Farmers Market

NYS Workplace Walking Maps

About us

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

JANUARY						
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					

FEBRUARY						
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					

## 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.



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

- 1.** Today is the first day of the December Monthly Challenge. Start each day with a positive affirmation. [https://wellnys.goer.ny.gov/registration/monthly\\_challenge\\_description.cfm](https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm).
- 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> and check off the days you participated in the Monthly Challenge.

**NUMBER OF  
DAYS COMPLETED**