



WellNYS  
Everyday

WellNYS  
Daily To-Do

# February

Create a Bucket List or Vision Board.

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

1. Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the **Go Beyond the Challenge** starting February 22<sup>nd</sup>.
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	25	26
27	28					

## UPCOMING MONTHLY CHALLENGES

March

Eat one meal without distractions.

April

Plan a vacation.

May

Dance or move to your favorite song.

MARCH						
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		

APRIL						
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

MAY						
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			

WellNYS Everyday  
Healthy habits. Stronger lives. For good and day well.

WellNYS Daily To-Do  
Tuesday January 18, 2022  
Going to bed earlier than usual could be your motivational goal today. If you normally turn your...

Monthly Monthly Challenge  
Set a health-related goal and track your progress.

My First or Next 5K  
2022 5K

Physical Activities Personal ID

Find a NYS Wellness Resource

WELLNESS RESOURCES

Find a NYS Farmers Market

NYS Wellness Marketing Portal

WYS Quizzes  
You can quit. We can help.

About Us

© Copyright 2022 NYS Employee Assistance Program and NYS Family Benefits Program. All rights reserved.

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

# February

## WellNYS Daily To-Do



WellNYS  
Everyday

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

- 1.** Today is the first day of the 2022 February Monthly Challenge to create a bucket list or vision board. Register at: [https://wellnys.goer.ny.gov/registration/monthly\\_challenge\\_description.cfm](https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm).
- 2.** A bucket list is a number of experiences or achievements an individual hopes to have or accomplish during their lifetime. Do you have a bucket list? If not, begin the list by writing down one place you would like to visit. If you already have a list, add to your existing list.
- 3.** A vision board is a visual collage of your goals and dreams. Do you have a vision board? If not, start creating one by looking through magazines or websites and saving pictures or words that represent your goals and dreams. Glue your clippings onto your vision board. If you already have a vision board, add to your existing board.
- 4.** Here are two questions to ask yourself when creating your bucket list or vision board: Is there something I've always wanted to learn? What is something I have always wanted to do but have not done yet?
- 5.** Design different vision boards for what you want to do and accomplish in your life. Here are examples of topics for vision boards to consider: career, finances, well-being, or travel. What topic would you like to begin with?
- 6.** Reviewing your bucket list or vision board daily may inspire and empower you to do something today that works toward a larger bucket list goal. For example, if running the Boston Marathon is on your bucket list, reviewing it daily may motivate you to run today in preparation for it.
- 7.** What would you do if you had unlimited money and time? Write it on your bucket list.
- 8.** Are there other cities or states you would like to visit or live-in? Add these locations to your bucket list.
- 9.** When you imagine yourself as relaxed and happy, what are you doing? Write it on your bucket list or put a photo on your vision board.
- 10.** Do you want to own a specific car, purse, collection, tool, boat, or something else? Put a picture of the object you want on your vision board.
- 11.** Ask your co-workers if they have a bucket list. If they do not know what one is, provide them with the February WellNYS Daily To-Do PDF found here: <https://wellnys.goer.ny.gov/wellness-resources.cfm>.
- 12.** Have you seen an interesting place on social media that you want to visit? If so, write it down on your bucket list or put a photo on your vision board.
- 13.** Are there any organizations you want to volunteer for? Do you envision yourself assisting the homeless or teaching children in another country? If so, add it to your bucket list.
- 14.** When you were a child, were there things that you imagined you would want to do, once you were an adult? Put pictures of some of these things on your vision board.
- 15.** Just for today, instead of thinking of what you'd like to do in your future, start a reverse bucket list. Write down the places, accomplishments, or experiences you have already experienced. Open your photo album to spark a memory.
- 16.** An adventurous experience such as parachuting out of an airplane may be on your bucket list. Other adventures could include white water rafting or visiting all the state parks in New York State. What adventure would you like to experience?
- 17.** Think big and outside of your comfort zone when creating your bucket list or vision board.
- 18.** After you've created your vision board or bucket list, place it in a prominent location where you will easily see it. Look at it daily and think of an action that you can take to make progress toward achieving something on your list.
- 19.** Does your list include experiences that cost less than \$200 or things to do without leaving your town or city?
- 20.** Ask a younger person if they have a bucket list. If they do not, explain what a bucket list is and help them start their own list. It's never too early to start a bucket list.
- 21.** Put some time aside each week to work on your bucket list or vision board. It could be an hour on a Sunday afternoon, or 15 minutes on a weeknight.
- 22. Beyond the Challenge:** Today's date is 2-22-2022. Celebrate today by adding two, 20, or 22 things to your bucket list.
- 23. Beyond the Challenge:** If you won the lottery today, what would be the first thing on your bucket list that you would want to do?
- 24. Beyond the Challenge:** Being outrageously generous can be a statement on your vision board. This could be giving your time to an organization or giving money to a person who is in need. What does outrageous generosity mean to you?
- 25. Beyond the Challenge:** Is there something nice you've always wanted to do for someone else? Write it on your bucket list.
- 26. Beyond the Challenge:** Some believe that when you have good health, you have everything. Taking care of your health may allow you to accomplish items on your bucket list and vision board.
- 27. Beyond the Challenge:** Share your bucket list or vision board with a friend. They may have some of the same experiences on their list. Discuss how you may be able to do those items together.
- 28. Beyond the Challenge:** Today is the last day of February. 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