



WellNYS Everyday

WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that healthy for them and to be physically active. This initiative encourages employees to:

- Sign-up to receive the WellNYS Daily To-Do by email every day
- Run or walk your First or Next 5K
- Find out where to be physically active in New York State
- Celebrate your wellness success with “I Did It!”
- Engage in healthy behaviors while in your workplace
- Find a NYS Walking workplaces map
- Learn about Physical Activities in your region.

For more information go to:
oer.ny.gov/wellnys-everyday

WellNYS Everyday is sponsored by NYS Work-Life Services.

WellNYS Daily To-Do

January 2023

Share a Positive Inspiration Every Day

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				

MONTHLY WELLNYS DAILY TO'S

February

Explore the eight wellness dimensions

March

Build your plate with healthy choices

April

Create and stick to a budget

January

Share a Positive Inspiration Every Day
Once you've completed the To-Do, check the box!



**WellNYS
Everyday**

- 1.** The Monthly Challenge for January is to Share a Positive Inspiration Every Day. Forward the quote as an email or text, or verbally share the quote with someone.
- 2.** “Positive thinking will let you do everything better than negative thinking will.” – Zig Ziglar
- 3.** “Virtually nothing is impossible in this world if you just put your mind to it and maintain a positive attitude.” – Lou Holtz
- 4.** “The most important thing is to try and inspire people so that they can be great in whatever they want to do.” – Kobe Bryant
- 5.** “It makes a big difference in your life when you stay positive.” – Ellen DeGeneres
- 6.** “Whatever age you are today; your future self would love to be it. Most people do not consider 65 to be a young age but when you’re 75, you’d love to rewind to 65 and regain those years. Few people would describe 35 as your youth, but in your mid-50s your mid-30s will seem like the young you. Today is a great opportunity, no matter your age.” – James Clear
- 7.** “Once you replace negative thoughts with positive ones, you’ll start having positive results.” – Willie Nelson
- 8.** “We shall never know all the good that a simple smile can do.” – Mother Teresa
- 9.** “When someone shows you who they are, believe them the first time.” – Maya Angelou
- 10.** “The first wealth is health.” – Ralph Waldo Emerson
- 11.** “If exercise could be packed in a pill, it would be the most widely prescribed and beneficial medicine in the nation.” – Robert N. Butler
- 12.** “Work hard, stay positive, and get up early. It’s the best part of the day.” – George Allen, Sr.
- 13.** “Do what you can, with what you have, where you are.” – Theodore Roosevelt
- 14.** “If you’re not making mistakes, then you’re not doing anything. I’m positive that a doer makes mistakes.” – John Wooden
- 15.** “An optimistic person is a person who starts a new diet on Thanksgiving.” – Irv Kupcinet
- 16.** “Feeling grateful and not expressing it is like wrapping a present and not giving it.” – William Arthur Ward
- 17.** “In three words I can sum up everything I’ve learned about life: it goes on.” – Robert Frost
- 18.** “Laughter is the sensation of feeling good all over and showing it principally in one place.” – Josh Billings
- 19.** “When you are enthusiastic about what you do, you feel this positive energy. It’s very simple.” – Paulo Coelho
- 20.** “Work hard, stay positive, and get up early. It’s the best part of the day.” – George Allen, Sr.
- 21.** “The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” – Dr. Seuss
- 22.** “When you wake up every day, you have two choices. You can either be positive or negative; an optimist or a pessimist. I choose to be an optimist. It’s all a matter of perspective.” – Harvey Mackay
- 23.** “It’s Monday, time to motivate and make dreams and goal happen. Let’s go.” – Heather Stillufsen
- 24.** “A good laugh is sunshine in the house.” – William Makepeace Thackeray
- 25.** “Every day brings new choices.” – Martha Beck
- 26.** “You are never too old to set another goal or dream a new dream.” – Les Brown
- 27.** “What starts as an excuse can easily become a habit. Don’t let a bad day become a lifestyle.” – James Clear
- 28.** “You cannot have a positive life and a negative mind.” – Joyce Meyer
- 29.** “Whatever you are, be a good one.” – Abraham Lincoln
- 30.** “Ask yourself three questions every month this year. What went well? What didn’t go so well? What did I learn?” – James Clear
- 31.** Today is the last day of January. Which quote was your favorite this month? Did you share it with a friend, a co-worker, or a family member? We hope so.

NUMBER OF DAYS COMPLETED