

# September 2024

Journal your thoughts 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					

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

This program encourages employees to:

- Sign-up to receive the **WellNYS Daily To-Do** by email every day.
- 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.
- Listen to a new wellness webinar every month.
- Become a WellNYS Ambassador for your agency/facility/SUNY.
- 2024 programs include: Count Your Physical Activity Minutes Challenge and the Olympic Experience.



**Office of  
Employee Relations**  
Work-Life Services

For more information go to: [oer.ny.gov/wellnys-everyday](https://oer.ny.gov/wellnys-everyday)

WellNYS Everyday is sponsored by NYS Work-Life Services.



# September

## WellNYS Everyday

Journal your thoughts every day.

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



Office of  
Employee Relations  
Work-Life Services

1. The WellNYS Daily To-Do for September is to journal your thoughts every day. The wellness webinar will be *Journaling as a Path to Empowerment and Self-Care*. To register go to: <https://meetny.webex.com/weblink/register/ra3917fbbced17460d690e2e6cec1948>.
2. What type of journal do you prefer to use: leather bound, notebook, the notes section in your cell phone, or a piece of paper? Choose the type of journal you like and choose a time you can commit to writing daily. Start your journal with this question: What time of the day and place will I commit to writing in my journal every day in September?
3. Choose a consistent time for journaling in a designated space. What time today would work for you?
4. Are you available at 12:00 noon today? If you are, join us for a 30-minute wellness webinar *Journaling as a Path to Empowerment and Self-Care*. To register, go to <https://meetny.webex.com/weblink/register/ra3917fbbced17460d690e2e6cec1948>.
5. Self-compassion is to be kind to ourselves instead of critical. Write in your journal today, what you could do to be kinder and more compassionate to yourself.
6. Free-writing journaling is a technique to write down thoughts as they come to you. Pick up your journal and just start writing.
7. A guided prompt in journaling provides an idea or direction to write about a certain topic. For example: Write about a time you failed at something, and the lesson you learned from the experience.
8. Today is a great day to begin your gratitude journal. Begin with, I am grateful for...
9. A food journal can be a place to put meal planning, recipe collecting, grocery shopping lists, or a record of the food you ate today. Start your food journal today with what you had for breakfast.
10. If you love to read, then consider starting a reading journal. In it, keep lists of books you've read, book club ideas, quotes from books, and books you want to read. The book you are reading right now could be the first entry.
11. Keep a travel journal during the next trip you go on. Share all the details about your trip including the cost, who was with you, the places you visited, the food you ate, and the places you stayed. If you were to look back at the trips you took, which one would you want to remember all the details?
12. A finance or money journal is a place to track your expenses, your struggles with money and savings, spending, or giving. Write down what you want to buy instead of buying it. Write down the big items you want to save for.
13. An idea journal could be a simple small notebook you keep with you. Every time a great idea comes to mind, write it down.
14. Do you know how many steps you took in August? Write down your daily steps, your daily workouts, S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, and Timely) goals into a fitness journal. Write down why you struggled to do your workout today or how you felt after your work out.
15. Do you like D.I.Y. (Do It Yourself) projects? Use a journal to track the steps of the project, the cost, the stores you purchase your supplies, and how long the project took you. What project are you working on now, that you would benefit from using a D.I.Y. journal?
16. Are you or someone you know welcoming the birth of a new baby? Keep a Baby Memory journal of anything you want to remember about the baby. It could be sleeping patterns, and/or dates the baby had a milestone like crawling or walking. Write in it weekly or monthly. Share this journal with them as they grow older or if they have their own baby.
17. To keep a loved one's memory alive, consider using a memorial journal. If you're struggling with grief, use this journal to capture happy memories. Share a memory of what you miss about them, and what you want to tell them if they were sitting with you.
18. Is there a language that you would like to learn? If so, consider keeping a language journal. Write down new words or phrases you've learned and countries you would like to visit that speak the language.
19. A what did I do today journal is a snapshot of a day in the life of you. Some days are typical, whereas other days are difficult, and other days are fun. If you've ever thought, what was I doing last year on this day, looking back on your what did I do today journal will answer that question.
20. A planning journal can help you to plan a move, project, or a trip. Think through all the details of what you are planning. This could also be used by several people who are involved in the project.
21. Before you pick up your journal today, sit quietly, take a few deep breaths, and allow your mind to be open to anything. After a few minutes, open your eyes and start writing.
22. If you love growing plants, then start a plant journal. Study plant patterns, watering schedules, indoor plants, perennials, flowers, and vegetable garden schedules.
23. Choose a big goal and keep a journal of everything you are doing to reach the goal. Maybe you want to visit every National Park in the United States, visit every Major League Stadium, or run a race on every continent. Choose a goal, then use the journal to assist you to achieve your goal.
24. Do you like to type your journal or write in a journal? Either way is perfect if it works for you. The goal is to use your journal daily.
25. Did you keep a diary as a child? If you did, you understand the importance of doing so. Purchase a journal for a child and teach them how to use it.
26. A beautiful journal is the perfect gift for any occasion for anyone. Purchase a few journals and you'll always have one available to give as a gift.
27. Keep an artistic journal to use when you feel like drawing instead of writing.
28. Share with a friend or family member what type of journal you started. You may inspire them to start one.
29. Start an achievement journal. Write down all the achievements you've accomplished in your life. These may include graduating high school, having a baby, or buying your first house.
30. Do you have a journal? If so, write in it today everything you are grateful for.

**NUMBER OF DAYS COMPLETED**