

Oneida • Herkimer • Madison


BOCES

Nutrition Notes: January 2019

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+21 DAYS OF GRATITUDE+

Looking for a way to jumpstart some healthy habits? Build up your baseline of positivity with #21DaysOfGratitude! Participating in this challenge can set you up for success, so you can be Healthy For Good. Follow along and share your progress on social!

 American Heart Association | **Healthy For Good™**

Day 1: Write down 1 thing you're really good at.

Day 2: Find 3 positive ways to describe yourself, write them down and put them somewhere you will see them.

Day 3: Take a photo of something you find beautiful (bonus points for posting it to social media!)

Day 4: If something frustrates you today, take a moment to reframe and find something that IS going your way.

Day 5: Take 2 minutes to list the awesome things your body can do, and remember them when you're feeling down.

Day 6: Rename your alarm to a nice message, like "The Universe has your back!", to help you start the day in a positive frame of mind.

Day 7: Think of something about your body that you tend to think of as less than perfect. Then, write a little note of appreciation about it.

Day 8: Look for someone to help today without expecting anything in return.

Day 9: Reach out to someone who could use some extra appreciation.

Day 10: Think of someone who makes your day better and invite them to lunch.

Day 11: Write a note of appreciation to someone you really care about.

Day 12: Offer a hug to someone you're grateful for. Make it a genuine two-armed!

Day 13: Text someone and tell them why you're grateful for them.

Day 14: Schedule some time to volunteer in your community. Don't know where to start? Look for opportunities at heart.org/HEARTORG/volunteer

Day 15: Next time life doesn't go your way, try to think of something about the situation that you can be grateful for.

Day 16: Take a moment to invite someone you're thankful for to dinner.

Day 17: Write down what you've eaten today and be grateful for every item without judging any of it as "good" or "bad."

Day 18: Pause before your next meal to sit in gratitude. Notice how yummy it looks and smells, and feel grateful to the person who prepared it (especially if it was you!)

Day 19: Think of someone whose cooking warms your soul and tell them about how much their nourishment has meant to you.

Day 20: During your next meal, try to put your fork down between each bite and really enjoy the flavors, rather than wolfing it down.

Day 21: Take 2 minutes to reflect and write about how you feel after having participated in this challenge. Then, keep the 'tude going all year long!

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HEART.ORG/HEALTHYFORGOOD**