



# Monthly Motivators

# January 2024

## More Water



### **GOAL:**

Drink 64 ounces of water each day!

Use the calendar to keep track, and the tips provided to help you reach your goal!

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			

### **Tips for staying hydrated:**

- Order water when dining out
- Carry a reusable water bottle at all times
- Pair other beverages with a glass of water
- Have a glass of water first thing in the morning
- Drink a cup of water before every meal or snack
- Infuse your water with fruit, vegetables, and herbs



Monthly  
Motivators

# February 2024

## More Mindfulness



### **GOAL:**

Practice Mindfulness once a week!

Use the calendar to keep track and the mindfulness exercises to get started.

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		

### Ways to practice mindfulness:

- Do box breathing
- Perform a body scan
- Use the 4-7-8 breath
- Explore mindful eating
- Go on a walking meditation
- Try the 5-4-3-2-1 grounding exercise



Scan with your phone to check out our mindfulness tutorial videos.



# Monthly Motivators

# March 2024



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						

## GOAL:

**Eat 5 servings of fruits and vegetables a day!**

Use the calendar and tips provided to help you reach your goal.

## Tips for getting in more fruits and vegetables:

- Pair sandwiches with a side of fresh fruit
- Cook an omelet with your favorite veggies
- Dip fruit in dark chocolate or vanilla yogurt
- Try a meatless meal with hearty vegetables
- Grate or finely dice veggies in your pasta sauce
- Add extra veggies to your soups, chili, and casseroles



# Monthly Motivators

# April 2024



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				

## Ways for living more sustainably:

- Opt for reusable items
- Unplug appliances not in use
- Reduce your shower time and temperature
- Eat your leftovers instead of throwing them out
- Plant your own fruit, vegetable, or herb garden
- Take public transportation: carpool, walk, or bike



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### GOAL:

Reduce, reuse, or recycle 3 days per week!

Use the calendar to keep track and the ideas to get started.



# Monthly Motivators

# May 2024



## GOAL:

Experience joy 5 days per week!

Use the calendar to keep track and the prompts to help you explore what brings you joy!

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	

### Use the questions to discover what brings you joy:

- What brings a smile to your face?
- What makes you lose track of time?
- Who do you enjoy spending time with?
- What is one thing you can talk about for hours?
- What lifts you up without spending any money?
- What made you happy as a child or young adult?



# Monthly Motivators

# June 2024



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						

## GOAL:

Get 150 minutes of exercise per week!

Use the calendar to keep track and the tips to help you reach your goal!

## Tips for increasing physical activity:

- Walk with a pet
- Play an outdoor sport
- Try an online fitness video
- Go to a group exercise class
- Work with a personal trainer
- Use your lunch break to get moving



# Monthly Motivators

# July 2024



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			

## GOAL:

Connect with someone  
two days per week!

Use the calendar to keep  
track and the ideas to help  
you reach your goal.

## Ways to connect with others:

- Call a loved one
- Get to know a colleague
- Host a game or movie night
- Volunteer in your community
- Invite someone to eat with you
- Join a club (book, sports, gym, etc.)



# Monthly Motivators

# August 2024



## **GOAL:**

Try something new two days per week!

Use the calendar to keep track and the examples to get started.

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

## **Simple ways to try something new:**

- Take a class for fun or growth
- Try a different form of exercise
- Eat a new food or type of cuisine
- Explore a hobby you're interested in
- Learn a personal or professional skill
- Check something off your bucket list



Monthly  
Motivators

# September 2024



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					

## GOAL:

Take 2 breaks per week

Use the calendar to keep track and the ideas to get started.

## Adding breaks to your personal and professional life:

- Have a commitment-free day off from work
- Keep one morning or evening free every week
- Add a 5 to 10 minute buffer between meetings
- Use at least one day of paid time off this month
- Schedule a 10 to 15-minute break in your work day
- Take your lunch break away from work responsibilities



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Monthly  
Motivators

October  
2024



**GOAL:**

Get at least 7 hours of sleep per night!

Use the calendar to keep track and the tips to help you reach your goal.

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		

**Tips for getting more restful sleep:**

- Stick to a consistent schedule
- Don't go to bed hungry or full
- Reduce screen time before bed
- End your day with a relaxing activity
- Keep your room cool, dark, and quiet
- Have a journal nearby for midnight thoughts



Monthly  
Motivators

# November 2024

**More  
appreciation**



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

## GOAL:

Express appreciation two  
times per week

Use the calendar to keep track  
and the suggestions to help  
you reach your goal.

## Ideas for expressing appreciation:

- Offer a thoughtful gift
- Tip your server generously
- Give someone a compliment
- Write someone a thank you card
- Express appreciation for yourself
- Perform a random act of kindness



# Monthly Motivators

# December 2024



## More Confidence

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				

### GOAL:

How many positive affirmations can you give yourself?

We recommend at least three times per week! Use the calendar to keep track and the tips below to form your positive affirmations.

### Tips for getting started with positive affirmations:

- Use the present tense
- Make affirmations short
- Say affirmations out loud
- Keep affirmations positive
- Choose meaningful affirmations
- Start affirmations with "I" or "My"



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