

Challenge Four: 2021 wellness plan

**NW Montana Schools' Health Consortium
2020-21 Health Promotion Program.**

Thank you for signing up for your Health Promotion Program! This year we'll continue focusing on the holistic idea of wellness to improve many aspects of your life with eight different challenges throughout the school year. Each challenge will bring a new opportunity to receive an incentive! It will be a fun way to focus on your health while connecting with others at your school site.

This program is for all staff regardless of your insurance status, and spouses who are on the insurance plan! Be sure to forward this link to anyone who you think wants to join the fun!

**DEADLINE: January 31st
INCENTIVE: \$25 gift card**

Challenge Four is going to give you a realistic plan to achieve your wellness goals in 2021.

'Tis the season for Resolutions! However, there are not many New Year resolutions that stick around long. Despite our best efforts, only 40% of people achieve their goals after six months, and 25% of people stop their intentions after just one week into the new year. Meaningful behavior change takes time, effort, and you have to recognize possible roadblocks. Enter challenge four.

This challenge is going to build a strong foundation to help you achieve your wellness goals in the coming months. In three weeks you will have a year plan that will help you stick to your goals and inspire you to keep them. Each week there will be a short task that builds on the previous week.

First Week: Use the wellness wheel to determine your baseline wellness in each dimension and help you determine focus.

Second Week: Determine your What and Why. Take a time travel trip to determine how your goals will impact your life.

Third Week: Write out your long term goal(s) and simple weekly habits and practices to build up to your year success.

Look for your weekly task included in each Monday motivation email.

Incentive? Yes please!

Challenge four is three weeks long and to receive your incentive you will fill out a goal form during week three and submit to Carrie J. This will be an important step to completing the challenge, earning your incentive, and help me assist in making your goals SMART (specific, measurable, attainable, realistic, and time-bound)!

**Please contact Carrie at
info@drivewellnessmt.com with any questions.**

