

CHOOSE

Because healthy starts with happy

Happy

All of us want to feel better and improve our overall health. This year, Aspire Health is asking our members, our team, and the greater community to “Choose Happy.”

Throughout the year find activities and content showing how happiness can lead to better overall health at www.aspirehealthplan.org/choosehappy and on our blog and social media pages (Facebook, Instagram, and LinkedIn).



Complete 21 opportunities to focus on happiness

- 1. Complete your annual wellness exam
- 2. Call an old friend once a month and catch up
- 3. Practice mindfulness once a week
- 4. Add one more fruit and/or vegetable to your weekly food servings
- 5. Read a feel-good book this year
- 6. Pick a word to inspire you, and verbalize why you picked it
- 7. Go to bed early and get eight hours of sleep
- 8. Send a card or flowers to someone just because
- 9. Bring plants into your home
- 10. Host a happy hour with family or friends
- 11. Go for a brief walk at least once a day
- 12. Attend a Community Connections class this year
- 13. Teach yourself something new this year and tell us what it is _____
- 14. Make a happy list and post it on your mirror
- 15. Perform a random act of kindness once a month
- 16. Try a healthy food you've never eaten
- 17. Write down three things you're grateful for every day for one week
- 18. Join a club (of any kind)
- 19. Clean out your junk drawer
- 20. Do something new (or something you haven't done in a long time)
- 21. Make a wish — wishful thinking feeds the mind



Submit your finished checklist by March 31, 2022
at www.aspirehealthplan.org/choosehappy

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