

# POSITIVE JANUARY CHALLENGE

From January 7th to January 27th we are going to focus on positive thoughts!

For one week keep track of how many times you complain. Then the next 2 weeks focus on not complaining or changing those complaints into positive thoughts on your situation instead.

If enrolled in State Group Health Insurance see instructions in blog post on how to mark completed well-being credit

Please email completed forms to [wellness@uwgb.edu](mailto:wellness@uwgb.edu) by February 7th to be put in a prize drawing.

Tally how many times you complained during the week of 1/7

Sun 1/7	Mon 1/8	Tues 1/9	Wed 1/10	Thurs 1/11	Fri 1/12	Sat 1/13	Weekly Totals

Tally how many times you were positive instead of negative during 1/14 through 1/27

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Weekly Totals
1/14	1/15	1/16	1/17	1/18	1/19	1/20	
1/21	1/22	1/23	1/24	1/25	1/26	1/27	