



Paving a Positive Pathway

Focus Area: Well-being

Objective: To help with creating a more positive mindset by encouraging participation in *simple* positive habits

Length of Challenge: Four-weeks (length of time is flexible; contact your WFHTN Regional Wellness Coordinator for assistance with editing)

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- [Personal Journal](#)
- [Challenge Checklist](#)
- Prizes (optional)

Directions:

- Participants will engage in four different weekly positive practices.
- Participants will use a personal journal to track their progress, but it is not required to be turned in.
- At the end of the challenge, “Challenge Checklists” will be submitted to show participation.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.



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Getting Started:

1. Decide the dates your "Paving a Positive Pathway Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date. [*Sign-up period is optional.*]
3. Determine how participants will submit their "Challenge Checklist" and how winners will be rewarded.
 - *Remember: Challenge rewards do not have to be tangible. Announcing the winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!*
4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet, and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates when the challenge will begin and end.
 - Instructions for how to participate in the "Paving a Positive Pathway Challenge"
 - Details about how to submit their "Challenge Checklist" and how winner(s) will be rewarded.
NOTE: Don't forget to BCC participants if contacting them via email.
6. Print or attach via email the "[Personal Journal](#)" + "[Challenge Checklist](#)" and distribute to all participants.
7. Remember to send participants a friendly email reminding them to engage in the challenge and have fun with it. Your communication might include additional info related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (See 'Sample Emails' below.)
8. As the challenge comes to an end, send out a reminder to participants to submit their "Challenge Checklist" and announce the winner(s)!

Sample Emails:

Welcome Email

Subject: Welcome to the Paving a Positive Pathway Challenge!

Body:

Welcome to the **Paving a Positive Pathway Challenge** with the < insert dept > Wellness Council!

We're excited that you're joining us and want to have a more positive mindset.

In this challenge, you will use the [Personal Journal](#) provided, but you will not be sharing this journal. All you will need to do is send back the [Challenge Checklist](#) in order to show that you participated. Weekly activities in this challenge are simple habits such as stating a positive affirmation or being grateful.

<OPTIONAL> There will be a random drawing at the end for a prize(s). <OPTIONAL>

Please submit your [Challenge Checklist](#) to < insert email > by _____.)

Week 1 Email

Subject: The Paving a Positive Pathway Challenge Begins TODAY!

Body:

Today is the first day of the **Paving a Positive Pathway Challenge!** The positive habit this week is using positive affirmations. This week strive to speak at least one positive affirmation out loud each day.

One definition of a positive affirmation is "a positive phrase or statement used to challenge negative or unhelpful thoughts." There is science behind the practice of positive affirmations. There are studies showing the benefits to telling ourselves (affirming) our beliefs in a positive way. Regularly practicing positive affirmations has been shown to decrease stress. There is even some evidence that suggests that certain pathways in the brain are increased when people practice positive affirmations.

Your affirmation(s) should be positive; for example, instead of "I wish I wasn't unhealthy" state "I am filled with good health!". Below are example affirmations in

[Type here]

different subject areas. Pick at least one but try as many as you'd like. You can also create your own! Remember to state the affirmation(s) out loud and in a positive tone of voice. Stating positive affirmations out loud might feel awkward at first, but this is a simple habit that can have positive effects on your mental health.

Health

- *Every cell of my body is made of good health!*
- *My body is strong, my mind is brilliant, and my soul is fulfilled!*

Work/Finance

- *I have a wonderful work in a wonderful way, I give wonderful service for a wonderful pay! –Florence Scovel Shinn "The Game of Life and How to Play It"*

Future

- *Only good lies before me!*
- *Amazing things are happening to me every day!*

Relationships/Friendships

- *I am surrounded by love, I am lovable, and have lots of love to give!*
- *I am grateful for all the positive relationships in my life!*

Week 2 Email

Subject: Week 2 of the Paving a Positive Pathway Challenge

Body:

It is Week 2 of the **Paving a Positive Pathway Challenge**! Hopefully you enjoyed practicing positive affirmations. Consider continuing your daily positive affirmations. This week the positive mental habit is to turn negatives into positives.

Do you ever find yourself dwelling on negative things in life and/or talking negatively to yourself? It is helpful to challenge your negative thoughts with positive ones. For example, instead of thinking: "I'm never going to get better", challenge it with something like "I will continue to get better at my own pace". If you just can't find anything positive, replace the thought with a truth about wherever you are. For example, if you're having negative thoughts while in your room, you could start challenging those with thoughts such as "I am laying on my bed", "I am in my room", and/or "I am comfortable under my blanket". These types of thoughts help with grounding you back to reality and away from negativity.

The challenge for this week is to take a negative situation in your life and find at least five ways it is positive. For example, a negative situation for someone could be a loss of internet. Some ways this could be a positive include:

1. *Chance to take a break from electronics*

[Type here]

2. *Chance to step away from social media*
3. *Chance to take a break from the news*
4. *Chance to get out in nature*
5. *Chance to take a stretch break*

Enjoy this week. Challenge those negative thoughts so you continue to pave a more positive pathway!

Week 3 Email

Subject: Week 3 of the Paving a Positive Pathway Challenge

Body:

You are halfway through the **Paving a Positive Pathway Challenge!** So far, you've been stating positive affirmations and turning negatives into positives. Hopefully you continue these practices and they become habits. This week's positive practice involves self-compassion.

Self-compassion is about being kind to yourself. Think about a time when you heard a loved one being hard on themselves. What did you do? Encouraging yourself as you would a loved one is a healthy habit. Research has shown that self-compassion is associated with less anxiety and depression, more optimism and better recovery from stress. And It also can help you stick to other healthy habits such as proper nutrition and physical activity.

A simple self-compassion practice is to write down what you love about yourself. This week the challenge is to use your [Personal Journal](#) (or another preferred method) and write down at least one unique thing each day that you love about yourself. Be creative with this list. For example, you might list *reliability, quirkiness* and/or *amazing sandwich maker* as things you love about yourself.

Week 4 Email

Subject: Week 4 of the Paving a Positive Pathway Challenge

Body:

It's the final week of the **Paving a Positive Pathway Challenge!** Over the past few weeks you've been engaging in positive mental habits including daily positive affirmations, turning negatives into positives and self-compassion. This week let's focus on gratitude.

[Type here]

Many are grateful during the Thanksgiving season but being grateful all year can have a number of benefits. Research has shown that regularly practicing gratitude can improve your relationships, physical health, mental health, self-esteem and mental strength.

Write in journal about something unique you are grateful for each day this week. The journal will prompt you with themes. For example, one day the theme is nature. Something in nature you might be grateful for is sunshine, stars, trees, etc. There is much in life to be grateful for!

Wrap Up Email

Subject: The End of the Paving a Positive Pathway Challenge

Body:

We are at the end of the **Paving a Positive Pathway Challenge!** Thank you for participating. Hopefully you enjoyed trying out positive mental health practices.

Please submit your [Challenge Checklist](#) to < **insert email** > by _____.)
<**OPTIONAL**> There will be a random drawing at the end for a prize(s). <**OPTIONAL**>



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Paving a Positive Pathway Challenge

Personal Journal

*This is your personal journal; do **not** turn this in.*

WEEK 1	My daily positive affirmation(s) <i>[Example: I am a peaceful person.]</i>
	<p>Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday <input type="checkbox"/> Sunday <input type="checkbox"/></p>
WEEK 2	5 ways a negative situation is positive:
	<p>1. 2. 3. 4. 5.</p>



Paving a Positive Pathway Challenge

Personal Journal

*This is your personal journal; do **not** turn this in.*

<p>WEEK 3</p>	<p>Daily self-love: write one unique thing you love about yourself. <i>[Example: I am witty.]</i></p> <p>Monday: Tuesday: Wednesday: Thursday: Friday: Saturday: Sunday:</p>
<p>WEEK 4</p>	<p>Daily gratitude: write something you're grateful for relating to each theme. <i>[Examples: blue skies, my uncle, healthy teeth, AWS job, best friend, pizza]</i></p> <p>Monday (Nature): Tuesday (Family member): Wednesday (Your health): Thursday (Work): Friday (Friend): Saturday (Food): Sunday (Anything):</p>



Paving a Positive Pathway Challenge

Challenge Checklist

WEEK 1	Stated a positive affirmation daily.	<input type="checkbox"/>
WEEK 2	Turned a negative into a positive.	<input type="checkbox"/>
WEEK 3	Practiced daily self-compassion.	<input type="checkbox"/>
WEEK 4	Practiced daily gratitude.	<input type="checkbox"/>

This is to be turned in at the end of the challenge.

Name _____ **Department** _____