



WEEK FOUR: MAKE YOURSELF A PRIORITY

NEWSLETTER VOLUME 4

*During week four
remember to give
yourself points for
Make Yourself a Priority,
Money Management,
Laugh a Little and
Move More activities.*

WHY MAKE YOURSELF A PRIORITY?



Often times, keeping up with the daily demands of work, home and loved ones can contribute to increased stress. Like laughter, devoting time just to yourself is a good way to relax and rejuvenate. Taking a few minutes each day to make yourself a priority is a great strategy to manage stress. Use this time to do something you enjoy—read a book, go for a walk, spend time with friends or family, daydream, listen to your favorite music or some other activity that is special to you.

TIPS FOR KEEPING IT GOING

At the end of this week, you should have successfully made time to have fun and do something *you* enjoy. The hard part now is to keep the momentum going. With that in mind, take a moment to think of 10 or 12 fun activities that are enjoyable to you. Write your ideas below and make it a priority to achieve them over the next few weeks. Don't forget to keep track of your progress in the challenge log and personal journal.

Idea 1: _____	Idea 7: _____
Idea 2: _____	Idea 8: _____
Idea 3: _____	Idea 9: _____
Idea 4: _____	Idea 10: _____
Idea 5: _____	Idea 11: _____
Idea 6: _____	Idea 12: _____