



WellNYS
Everyday

WellNYS Daily To-Do

2021 January

Start or pursue a hobby.

In 2021, participate in **THE THREE** every day by doing the following

1. Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the *Go Beyond the Challenge* starting January 21st.
2. Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <https://wellnys.goer.ny.gov/>
3. Ask your wellness partner, "Did you do the WellNYS Daily To-Do?"

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Check off your Daily To-Dos at <https://wellnys.goer.ny.gov/>

FEBRUARY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL						
S	M	T	W	T	F	S
						1
						2
						3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

UPCOMING MONTHLY CHALLENGES

February	Take care of your mental health.
March	Try a new healthy recipe.
April	Take a WellNYS To-Do financial challenge.



Once you've completed the To-Do, check the box!

- 1. Happy 2021! The Monthly Challenge for January is to start a new hobby or spend more time pursuing one you already enjoy. In January, the WellNYS Daily To-Do will introduce you to over 250 hobbies. Hopefully, you will find a new hobby or rediscover one you haven't pursued in a while. Use the next 30 days to research and explore your interests that have the potential to turn into a hobby. **Register for the Monthly Challenge at <https://wellnys.goer.ny.gov>.**
- 2. A good way to start January 2021 is to write down a hobby you already enjoy. Ask yourself if you have spent time on this hobby lately, and if you want to continue to pursue this hobby or is it time to find a new hobby.
- 3. Often, we do not know the first thing about starting a hobby, or whether we will like it. Taking a class is a great way to learn more about something that interests you. Research online classes on a topic of interest to you and make a commitment to sign up for a class.
- 4. Crafting and hobby supplies can be found at your local craft store or online. For example, you can find supplies for candle making, cross stitching, knitting, crocheting, scrapbooking, quilting, soap making, sewing, woodworking, and jewelry making. Visit your local craft store or go online for ideas.
- 5. Traveling can also be a hobby. There are many ways you can research travel-related hobbies such as getting information online or from the library or by joining a local group with similar interests. After doing your research, start exploring your interests in depth. Travel hobbies include learning to fly a plane, RVing, cruising, and gathering information about destinations you would like to visit. Then, start planning how you will begin to pursue your interests.
- 6. Spending more time outdoors has been shown to decrease your stress level. Here are some outside hobbies you may enjoy: hiking, rock climbing, canoeing, mountain biking, road biking, kayaking, rafting, skiing (water or snow), scuba diving, and fishing.
- 7. Bird watching, astronomy, leaf-peeping, watching butterflies and wildlife, observing the weather and storm chasing, and even people watching are observation hobbies. All you need is an interest to get started.
- 8. Create your own unique pieces of art by drawing or painting. Try using different media such as watercolors, oil painting, paint-by-numbers, Zen Tangle doodling, and sketching.
- 9. Enrichment hobbies provide an opportunity to learn something new. These hobbies include book clubs, volunteering, genealogy, meditation, computer coding, learning sign language or another new language, or public speaking.
- 10. Engaging in sports can be fun and good for your physical health as well. Running, ice skating, horseback riding, golfing, swimming, yoga, Pilates, weight training, and biking are just a few ideas.
- 11. Everyone loves to eat, and there are many related hobbies to keep everyone happy. Research and experiment with recipes from different ethnicities. Try other food hobbies such as baking, cake decorating, canning, pickling, and making specialty smoothies or lattes.
- 12. There are hobbies designed around the written word such as reading, bullet journaling, regular journaling, writing poems, calligraphy, blog writing, or creating websites. Which one do you want to try?
- 13. Collecting related items can be a fun hobby that satisfies your curiosity in a specific area of interest. Discovering what you would like to collect is just the start. You can collect coins, stamps, insects, books, antiques, spoons, rocks/gems, or any other items you are interested in or feel passionate about. What would you like to collect?
- 14. Home improvement projects such as electrical work, woodworking, welding, blacksmithing, masonry, plumbing, painting, and home design can turn into a hobby. Look for workshops at your local home improvement center, check out books at the library or YouTube videos online.
- 15. Do you have a 2021 wellness partner? If not, ask someone to be that person. Check-in with them daily to see how they are doing with healthy behaviors. Share what hobbies you are interested in and ask them about their hobbies. It's a great way to hold each other accountable.
- 16. Gaming hobbies are fun and can be competitive. Try playing board games, poker, trivia, cosplaying, video games, card games, billiards, and ping-pong. This month learn a new game.
- 17. Interested in a hobby that may improve your finances? Financial seminars, online sites, books, and subscriptions to financial publications can help you learn about investing. Blogging, once a hobby, has become a popular way to increase your income. Online sites offer guidance for beginners on how to get started. Many people make a hobby out of going to garage sales, and some go on to make extra money flipping garage sale purchases. Search online for lists of hobbies that make the most money.
- 18. Music has a wide range of hobbies associated with it, from playing an instrument, to listening to music, singing, going to in-person or virtual concerts, learning how to edit music, or DJing. If you are really good at it, you can tutor or provide music lessons online or in person, and you may be able to work as a seasoned musician.
- 19. You are never too old to learn how to dance. There are so many dances to try. Ballroom, tap, ballet, Irish step, hip hop, contemporary, swing, and modern are all formal dances. Or you can just move your body doing ZUMBA or aerobics at a local gym or in your own home.
- 20. "Sharpening your mind" hobbies help to improve memory and can sharpen intelligence. Chess, crossword puzzles, jigsaw puzzles, card games, Sudoku, brain teasers, or learning how to paint or draw can nurture your mind.

GO BEYOND THE CHALLENGE

- 21. Looking for a hobby to do with your family? Try any of these activities: building with Legos, juggling, perfecting magic tricks, family hiking, building model cars or airplanes, or learning how to fly a drone.
- 22. Do you enjoy history? Choose hobbies such as going to a museum in person or virtually, visit a renaissance fair, attend re-enactments of wars, study historic time frames, take a walking tour in an historic district, or memorize the U.S. Presidents.
- 23. Hobbies for stress relief include meditation, mindfulness, attending silent retreats, engaging in physical activity, or writing in a gratitude journal. Does your hobby help relieve your stress?
- 24. Seasonal hobbies change with the four seasons. Think of hobbies associated with winter, spring, summer, fall that you enjoy doing alone or with others. Do you have a hobby for each season?
- 25. There are many hobbies that involve the greater good such as volunteering, adopting a highway, being a mentor, and getting involved in school boards or community government. Who would you like to help?
- 26. A gardening hobby can be enjoyed all year in New York State. From designing your summer garden to taking care of house plants. You can try buying seeds and start plants inside, get involved in community gardening, or volunteer at a community supported agriculture (CSA) operation.
- 27. Organization can be a hobby that can help you to save time spent looking for things that are lost. Label everything, give everything a home, group like items together, have a list of where everything is, and donate or throw away items not being used.
- 28. If personal style interests you, then hobbies that include applying makeup, designing and sewing clothes, modeling, or fashion photography may be some things to explore.
- 29. If it's cars that you find interesting, consider a hobby such as collecting auto magazines or car memorabilia, car building and repair, attending car shows, heading to NASCAR races, or buying or selling car parts.
- 30. This month the WellNYS Everyday initiative shared a wide variety of different hobbies to consider. Which ones will you try?
- 31. Today is the last day of January. Go to the WellNYS Everyday website at <https://wellnys.goer.ny.gov> and **check off the days you participated in the Monthly Challenge.**

**Number of
days completed**