Finding your "why" ensures our goals are relevant and meaningful and provides the motivation to achieve the goals we set for ourselves. As you work on setting goals, try this activity to help lead you to success.

**Ask Yourself “Why” 5 Times**

**Why do I want to lose weight?**
*Because I want to fit in a smaller pair of jeans.*

**Why do you want to fit in a smaller pair of jeans?**
*Because I want to look better.*

**Why do you want to look better?**
*I will feel good about myself and have more energy.*

**Why do you want to feel good about yourself and have more energy?**
*When I feel good about myself, I am more assertive and confident.*

**Why do you want to be more assertive and confident?**
*When I am more assertive and confident, I am in control and better able to get what I want out of life.*

Identifying your true “why” can help drive your motivation. Reach out to your care team for more ways to set meaningful health goals!
There is always something to be thankful for.

If a person could do only one thing to increase their health and happiness, expressing gratitude might be it. The world’s leading scientific expert on gratitude, Dr. Robert Emmons, tells us that practicing gratitude can improve mental health, strengthen relationships and reduce stress. In fact, simply journaling for five minutes a day about what we are grateful for can enhance our long-term happiness by over 10%. Gratitude moves people to experience more positive emotions. The more we think about what we are grateful for, the more we find to be grateful for!

Research shows that gratitude can:

- Enhance relationships
- Boost physical health
- Increase happiness
- Reduce fatigue
- Raise satisfaction with life
- Strengthen resiliency
- Improve sleep

READY TO GET STARTED? TRY ONE OF THESE GRATITUDE EXERCISES TODAY!

**Gratitude of the Season**
From gratitude trees to gratitude turkeys – get creative and start a new holiday tradition with friends and family. This is a great way to bring everyone together and express all the things we are thankful for.

**Gratitude Tree:**
Each day, write down things you are thankful for on a “leaf.” Great to do around the holidays or springtime.

**Gratitude Turkey:**
Have family members write down what they are thankful for on a “feather” each day in November leading up to Thanksgiving. Great way to watch your turkey grow and reflect on the positive in our lives.

**Gratitude Journal:**
Writing down a few things you are grateful for is one of the easiest and most popular exercises available.

**Gratitude at the Dinner Table:**
“What was the best part of your day?” Focusing on the positive part of each day can help reduce envy, facilitate positive emotions and can make us more resilient.

**Gratitude Jar:**
Think of one thing that you are grateful for each day and write it down on a slip of paper. Over time, you will find that you have a jar full of a myriad of reasons to be thankful for what you have and enjoy the life you are living.

*Source: PositivePsychology.com*

Stay happy and healthy this season, and practice an attitude of gratitude!
Research shows that losing muscle and being less active are the biggest reasons your metabolism slows down with age.

**Did you Know?**

One pound of muscle burns roughly three times as many calories as a pound of fat.

Incorporate strength training twice a week as a way to build muscle.