

THE PULSE

BY THE NUMBERS

7 positive self-affirmations we should all say to ourselves in front of the mirror:

1. I know my worth.
2. I am capable of making healthy choices.
3. I am good and getting better.
4. I am responsible for myself, and I start there.
5. I am still learning so it is okay to make mistakes.
6. I look forward to tomorrow and the opportunities that await me.
7. I practice gratitude for all that I have, and all that is yet to come.



FOCUS

HYPE YOURSELF UP

Many of us have started working on resolutions and adopting healthy habits for overall wellness this year. The most crucial step in realizing your goals is to believe in yourself. So this month, we want you to hype yourself up!



DETAIL

LET'S MEET THESE GOALS THIS YEAR

By Isaac A Cruz, Wellbeing Consultant

According to [Forbes](#), when it comes to motivating ourselves or others to achieve goals, best imagery wins. People who vividly describe or picture their goals are anywhere from 1.2 to 1.4 times more likely to successfully accomplish their goals. Here are some tips on hyping yourself up for the next big thing:

- Play your favorite playlist! Yes, music is a great way to hype yourself up. Your fave tunes will help release dopamine (the feel-good hormone).
- A bit of competition goes a long way. Put up target numbers or look at rankings or your competitor's goal as motivation.
- Do not and I repeat, do not assume worst-case scenarios. Being pessimistic makes you think negatively, which in turn, affects your energy and performance. Think best-case!

If you would like to read more, check out this article by Science of People: [How to Psych Yourself Up Before Your Next Big Thing.](#)



READS & SOUNDBITES

- **Read:** *The Mountain Is You* by Brianna Wiest
- **Read:** *You Owe You* by Eric Thomas, PhD