

Happy Fun Health Club Pledge

I pledge to do one of these, just for today...

Just for Today I will nurture Happy Health.

Just for Today, I will do just one thing...

... Whenever I think about my health, I will think of something good about it.

... I will do something to slow down and savor life, and count it as a good deed that builds my health.

... I will nurture self-care, speaking kindly to myself. This kindness spreads to every area of life, enhancing my well-being and my health.

... I will say something kind to myself or another. Spreading love brings good feelings, paying off in happiness and wellness.

... I will be grateful for something about my body, health or life today.

... I will appreciate the things I do for wellness, whether small or big.

Congratulations, Health- Seeker!