

2025 January

Boost your well-being one day at a time



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 VIDEO: It's Okay to Not Be Okay	2 Assess: What prevents you from asking for help?	3 Write down signs that indicate you are struggling	4 Remind yourself that everyone needs help sometimes
5 Ask Yourself: What are you struggling with today?	6 Write down the pros and cons of asking for help	7 Don't apologize when asking for help	8 Remind yourself that asking for help is a strength, not a weakness	9 Reflect: What has it cost you by not asking for help?	10 VIDEO: The Most Courageous Act	11 Create a habit; Begin asking for small things to get comfortable
12 Create a list of whom you could reach out to for help	13 Evaluate: When is it time to ask for help?	14 WEBINAR The Strength of Asking for Help	15 Don't expect people to read your mind on what you need. Be specific in your requests	16 Ask Yourself: What would you do if a friend or colleague asked you for help?	17 Make a list of what you need and prioritize them	18 Give others the opportunity to help you by asking for help
19 Set a goal for how many asks you'll make this week	20 Choose the right time and place when asking for help	21 Say please and thank you when asking for help	22 VIDEO: Honesty is Foundation to All Healing	23 Write down what you want to ask and how you will ask before the conversation	24 When someone agrees to help you, express your appreciation so they feel valued	25 Congratulate yourself after you ask for help
26 If someone is unable to help, consider other options	27 VIDEO: How Do I Know It's Time to Get Help?	28 Reflect: What does it mean to ask for help?	29 After receiving help, share the tangible results with your helper	30 Look for opportunities to help others	31 Seek feedback after you ask for help to see how you could improve	

My well-being focus for January is:

** Always consult your physician before starting a new diet or fitness routine.



Explore all of your well-being benefits at One.Walmart.com/wellbeing

My January Well-being Webinar

The Strength of Asking for Help

Tuesday January 14, 2025 @ 1:00 pm CST

Want to be alerted each month when the newest Well-being Tip Calendar and Webinar are created? [Get added to our mailing list today!](#)

Don't know how or what you need help with? Call Help Now to talk it out. 855-4HLPNOW (855-445-7669)