

January
2020

Evolve at Rye

295 Lafayette Rd.
Rye, NH 03870

10 Positive Affirmations to Boost Your Happiness



Positive affirmations are phrases or mantras that you say to yourself to encourage, affirm, or promote self-love and personal progress.

Even if you don't feel like all of the affirmations are true today, by repeating them over and over the positive thoughts penetrate your subconscious and impact how you see yourself and how you feel. We are starting you off with 10 simple phrases you can use today to start feeling the effects of positive thinking.

1. I am worthy.
2. I am cared for.
3. I belong.
4. I have unique talents.
5. I am strong in mind and body.
6. Everything will work out.
7. I am courageous.
8. I am a great friend.
9. I am confident.
10. I am happy.

Upcoming Events in Our Community:

*Join us for our Birthday Bash on
Thursday, January 23rd at 3:00 p.m.*

*Our Winter Wonderland Festival will be
held on Saturday, January 25th from
10:00 a.m. to 2:00 p.m*



Strength Training



The Power of the Resolution

It's the beginning of the new year and perhaps the perfect time for a clean slate, a fresh start, a new goal. New Year's resolutions have a lousy reputation. Maybe that's because, according to the Business Insider, up to 80% of people fail to keep their resolutions longer than six weeks. This begs the question, why bother to resolve at all? While not everyone succeeds at resolutions, sometimes the simple act of reflection and goal setting can bring self-awareness and focus on our habits and wellness. Perhaps this year, when you sit down to make your list of resolutions, instead of focusing on what you don't do, should do, or could do differently, you could focus on your strengths. Please stick with me here. I know you may be thinking if I am focusing on my strength, how is that a resolution? Let me tell you.

Resolve to be your best you. What if you were determined to use your strengths to help your neighbor, your community, or a friend? Wouldn't it feel good to resolve to be better at what you are already good at? So, this year when you sit down to make your list, forget about all the things you want to change or don't do well and instead focus on the positive and resolve to use your natural gifts in powerful ways.

Evolve at Rye Wishes Our Residents a Very Happy Birthday!

Lea L January 3rd

Roland L January 17th

Christine "Tina" M January 20th

