

## Live Well, Be Well

### From “I have to” to “I GET to”

Welcome everyone! My name is Renee Dell'Acqua and I'm a Health Educator in Health Promotion Services here at UC San Diego.

On this episode of Live Well, Be Well, I'll be discussing a simple yet effective shift in the way we frame our daily tasks and responsibilities from "I have to do..." to "I get to do..." This subtle change in the way we speak to ourselves can make all the difference for our mental and emotional well-being.

So I hope you get inspired, I hope you feel connected, and I hope you discover new ways to live your best life. Let's get started!

----

How often do you catch yourself saying phrases like “I have to clean my room.” “I have to go grocery shopping.” “I have to workout.” “I have to go to class.” If you find yourself saying phrases like these, don't worry because you're definitely not alone -- I myself have said these many times. But just now, as I'm saying these incredibly common phrases about tasks that we do on the daily, it's almost like I need to preface these statements with “ughhhhh I have to do...” And if we're having this almost instinctual feeling to say “ughhh” prior to even getting started, imagine the perceptions we have going into and actually completing these tasks? It's almost like we're already setting our perceptions up for failure because we're framing these activities as if they're burdensome chores that just have to get done.

But what if we started shifting the way we phrase our daily tasks and responsibilities from “ugh I have to do XYZ...” to “I GET to do XYZ.” To get a sense of how this simple, 1-word shift can shake things up for the better, let's see how this works with the phrases I mentioned earlier:

Ok so, Phrase #1: from “I have to clean my room” to “I get to clean my room.” When I say it this way, it’s almost like I’m giving myself the opportunity to declutter and organize my space, and maybe even get the opportunity to donate items that I no longer use but could be really beneficial to someone else and bring them joy.

Phrase #2: from “I have to go grocery shopping.” to “I get to go grocery shopping.” With this change in wording, it’s like I’m saying “I get to fill my fridge with nutritious and wholesome foods to nourish my body and perhaps that of my family and loved ones.” Or maybe “I get to stock my fridge with foods I enjoy in and I don’t have to worry about what my next meal will be.”

Phrase #3: from “I have to workout” to “I get to workout.” From this, I’m reframing the way I think about working out, thinking about exercise as an opportunity to move my body, to de-stress through exercise, and to honor my body’s capabilities.

Phase #4: From “I have to go to class” to “I get to go to class” -- this means “I get the opportunity to stimulate my mind, to learn new things, to get one step closer to graduating and finding my dream job!” I get the opportunity to receive an amazing education from UC San Diego.

Did you see how this simple -- literally one word change -- drastically reframed our perceptions of these daily tasks and responsibilities? It’s almost as if the phrase “I get to...” opens up our eyes to the benefits, blessings, and endless possibilities these seemingly simple tasks have to offer. It’s as if this change in phrasing, adds meaning, purpose, and intentionality to tasks of daily living. These are the types of simple and subtle changes that make all the difference for our mindset, and ultimately our mental and emotional well-being.

So my ask for you all today is that you practice this subtle shift from saying “I have to” to “I get to” and see how it transforms your day, your outlook on a given activity, your level of motivation and enthusiasm, and if it helps spark joy,

gratitude, and a sense of meaning in tasks that you may have once found as burdensome. Endless love, peace, and gratitude to you all.

----

So that concludes this episode of Live Well, Be Well! If you like what you heard today and would like to learn more about topics related to health and wellness, there's much more to come!

Please be sure to check out our website [healthpromotionservices.ucsd.edu](http://healthpromotionservices.ucsd.edu) and also follow us on Instagram and Facebook under @UCSDHPS. Stay tuned for our next episode of Live Well, Be Well.

Until next time, be kind, be true, be you. And remember, to be well is to live well.