

# January Wellbeing Challenge #MyExperience



# JAN 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> <p>Wish everyone a happy new year - strangers too</p>	<b>2</b> <p>Buy a friend or colleague coffee.</p>	<b>3</b> <p>Sleep for at least 8 hours.</p>	<b>4</b> <p>Offer to help someone.</p>	<b>5</b> <p>Donate unwanted belongings to someone who needs them.</p>
<b>6</b> <p>Get in touch with an old friend or relative.</p>	<b>7</b> <p>It's good to talk! leave the typing for another time.</p>	<b>8</b> <p>Complete the first module of our brand new Compliance training :D</p>	<b>9</b> <p>Try a new module in Headspace.</p>	<b>10</b> <p>Use the stairs today!</p>	<b>11</b> <p>Bring in healthy treats to the office... Yes, dark chocolate is healthy! ;)</p>	<b>12</b> <p>Have a few hours away from social media.</p>
<b>13</b> <p>Send a hand written letter or post card to someone you care about.</p>	<b>14</b> <p>Say thank you to that person who makes your days easier.</p>	<b>15</b> <p>Drink extra water.</p>	<b>16</b> <p>Connect with a colleague you have never worked with.</p>	<b>17</b> <p>Share feedback with a colleague and help them grow.</p>	<b>18</b> <p>Try standing at your desk for the day.</p>	<b>19</b> <p>Buy a new book and give yourself some time to read.</p>
<b>20</b> <p>Get up a bit earlier than normal and take time to notice the sunrise.</p>	<b>21</b> <p>Complete your Pulse! #YourOpinionCounts</p>	<b>22</b> <p>Write a nice post-it note to a colleague.</p>	<b>23</b> <p>Why no using the stairs today again?</p>	<b>24</b> <p>Offer to do a walk-and-talk meeting.</p>	<b>25</b> <p>Head out for a walk or run.</p>	<b>26</b> <p>Listen to a new music style while cooking healthy food... blues?</p>
<b>27</b> <p>Do something unexpected for someone.</p>	<b>28</b> <p>Ask everyone you speak to how their weekend was.</p>	<b>29</b> <p>Let someone know they're doing a good job.</p>	<b>30</b> <p>Remember! Extra water always helps ;)</p>	<b>31</b> <p>Reflect and record how much well-being this season brought you.</p>		