

# May Monthly Challenge



Complete each day's activity to earn your 100 points and entry into the monthly drawing. All days must be completed to earn your points.

ALL WELLNESS PROGRAM POINT SUBMISSIONS ARE DUE NO LATER THAN **MAY 31**. No late submissions will be accepted.

Name: \_\_\_\_\_

Building: \_\_\_\_\_

Week	Wellness Focus	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> May 6—10	<b>Social</b>	<b>Say Good Morning!</b> Greet the first person you meet with "Good morning."	<b>Social Media Fast</b> Do a social media fast. Decide how long it will be and commit to it.	<b>"I appreciate YOU!"</b> Tell someone why you appreciate them. Text, phone, email, send an e-card or say it face-to-face.	<b>Reach out &amp; Check-in</b> Reach out and check in with a friend/co-worker.	<b>Random Act of Kindness</b> Surprise someone with a favor or gift. Bring a coffee to a friend or offer help with tasks.
<b>2</b> May 13—17	<b>Mental &amp; Emotional</b>	<b>"I am grateful for..."</b> When you wake up, say what you are grateful for today.	<b>Identify your 'WHY'</b> Reflect on what motivates you and why.	<b>Give Yourself a Compliment</b> Practice positive self-talk. Give yourself a compliment.	<b>Find Joy</b> Do something that brings you joy, makes you laugh or feel inspired.	<b>Pause and Celebrate</b> Pause and celebrate one small victory. Say what you are proud of yourself for today.
<b>3</b> May 20—24	<b>Environmental</b>	<b>Be Energy Efficient</b> Be energy efficient. Turn off the lights when leaving the room.	<b>Recycle</b> Recycle as much as you can today. Be mindful of what you are throwing in the garbage at work and at home.	<b>Get Into Nature</b> Take time to appreciate the environment you hoping to impact.	<b>Declutter Your Space</b> Spend 15 minutes organizing items you will keep; donate things you will not be using.	<b>Use Reusable</b> Use a reusable coffee mug, water bottle, or/and shopping bag.