

# I.S. Strengths

|                                          |                                            |                                           |                                          |                                                  |
|------------------------------------------|--------------------------------------------|-------------------------------------------|------------------------------------------|--------------------------------------------------|
| Wall sit for 5 minutes                   | 15 minute yoga workout                     | 10 burpees                                | Give a genuine compliment to 3 coworkers | Send a positive text to a coworker               |
| No screens for 1 Hour                    | 5-10 minute meditation                     | Vegan Day                                 | Perform a random act of kindness         | 20 days of gratitude                             |
| Take a 15 minute nature walk             | Write a heartfelt thank you to a coworkers | 20 days of journaling                     | Perform a random act of kindness         | Leave a positive sticky note on a coworkers desk |
| No negative self-talk for 4 hours        | Start day with 1 accomplishable goal       | No screens for 1 Hour                     | Send a positive text to a coworker       | Take a 10 minute lunch walk                      |
| Lead a 5 minute stretch during a meeting | Log 20 miles for month                     | Pause work for 5 minutes of box breathing | Invite a coworker for coffee             | 20 min HIIT video                                |

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|                                    |                                   |                                            |                                                  |                        |
|------------------------------------|-----------------------------------|--------------------------------------------|--------------------------------------------------|------------------------|
| 4 hour digital detox               | Perform a random act of kindness  | Offer to help a coworker                   | No screens for 1 Hour                            | 20 days of gratitude   |
| Take a 15 minute nature walk       | 20 min HIIT video                 | Set your monthly mental well-being goal    | Leave a positive sticky note on a coworkers desk | 20 days of journaling  |
| Log 20 miles for month             | Vegan Day                         | Write a heartfelt thank you to a coworkers | Take a 15 minute walk with a friend              | 15 minute yoga workout |
| Send a positive text to a coworker | No negative self-talk for 4 hours | Complete Bring sally up video              | Give a genuine compliment to 3 coworkers         | Read 8 hours total     |
| Perform a random act of kindness   | Take a 10 minute lunch walk       | Send a positive text to a coworker         | Pause work for 5 minutes of box breathing        | 10 burpees             |

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|                                                  |                                              |                                          |                                            |                                         |
|--------------------------------------------------|----------------------------------------------|------------------------------------------|--------------------------------------------|-----------------------------------------|
| No screens for 1 Hour                            | 5-10 minute meditation                       | Perform a random act of kindness         | Wall sit for 5 minutes                     | 20 min HIIT video                       |
| Write down your fitness goals                    | Write a letter to your future self (80 days) | Complete Bring sally up video            | 20 days of gratitude                       | Set your monthly mental well-being goal |
| Perform a random act of kindness                 | Give a coworker a shoutout during a meeting  | 15 minute yoga workout                   | Write a heartfelt thank you to a coworkers | 4 hour digital detox                    |
| Send a positive text to a coworker               | Log 20 miles for month                       | Give a genuine compliment to 3 coworkers | 20 days of journaling                      | No negative self-talk for 4 hours       |
| Leave a positive sticky note on a coworkers desk | Lead a 5 minute stretch during a meeting     | Send a positive text to a coworker       | Read 8 hours total                         | Vegan Day                               |