

I.S. Strengths

Vegan Day	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	Complete Bring sally up video	Take a 15 minute nature walk	Perform a random act of kindness	Take a 10 minute lunch walk
20 min HIIT video	Leave a positive sticky note on a coworkers desk	5-10 minute meditationss	Log 20 miles for month	Set your monthly mental well-being goal
No negative self-talk for 4 hours	Read 8 hours total	Start day with 1 accomplishable goal	Lead a 5 minute stretch during a meeting	Invite a coworker for coffee
Offer to help a coworker	4 hour digital detox	Pause work for 5 minutes of box breathing	20 days of gratitude journaling	Send a positive text to a coworker

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

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