Vegan Day	10 burpees	Give a coworker a shoutout during a meeting	Send a positive text to 3 coworkers	No negative self-talk for 4 hours
5-10 minute meditationss	Take a 15 minute nature walk	Pause work for 5 minutes of box breathing	15 minute yoga workout	Take a 10 minute lunch walk
20 days of gratitude journaling	Leave a positive sticky note on a coworkers desk	Leave a positive sticky note on a coworkers desk	Start day with 1 accomplishable goal	Log 20 miles for month
Read 8 hours total	Invite a coworker for coffee	No screens for 1 Hour	Give a genuine compliment to 3 coworkers	20 min HIIT video
4 hour digital detox	Offer to help a coworker	Complete Bring sally up video	Perform 5 random actS of kindness	Wall sit for 5 minutes

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

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Complete Bring sally up video	Start day with 1 accomplishable goal	Log 20 miles for month	Send a positive text to 3 coworkers	10 burpees
Wall sit for 5 minutes	Give a coworker a shoutout during a meeting	4 hour digital detox	No screens for 1 Hour	Leave a positive sticky note on a coworkers desk
Lead a 5 minute stretch during a meeting	Vegan Day	20 days of gratitude journaling	Take a 10 minute lunch walk	15 minute yoga workout
20 min HIIT video	Fast from sugar for 5 days	Take a 15 minute nature walk	Leave a positive sticky note on a coworkers desk	No negative self-talk for 4 hours
Read 8 hours total	5-10 minute meditationss	Give a genuine compliment to 3 coworkers	Perform 5 random actS of kindness	Offer to help a coworker

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