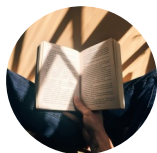




THE STREAK CHALLENGE

INTELLECTUAL WELLNESS



Read a self-help book.

Spend 20 minutes of your day engaging in a self-help book to expand your mind. Self-help books help us learn new life skills, such as problem solving and assertiveness. We can all benefit from learning new skills that help us navigate our lives.



Create a budget for daily expenses.

Spend a few minute of your day to keep track of your daily expenses. By figuring out how much you're contributing to your daily coffee or lunch, you can then make reasonable adjustments. Budgeting is all about finding financial freedom.



Listen to an audio book on your commute to work.

Download the latest best seller and find yourself entertained while traveling to work. There are many websites that give you access to audiobooks and podcasts such as www.audiobooks.com. This is a great way to make use of your time, especially that boring commute to and from the office, and learn something new, just make sure to stay in your own lane when driving.



Do a crossword puzzle/Sudoku.

Challenge yourself to a daily crossword puzzle or Sudoku for 20 minutes a day. Researchers have found that people who frequently complete crossword puzzles and Sudoku puzzles have sharper performance when memory, attention and reasoning was assessed.