



THE STREAK CHALLENGE

OCCUPATIONAL WELLNESS



Do workstation exercises.

There are many workstation exercise routines online that you can choose from. [WellPath coaches](#) can help you develop one of your own. Set appointments to do a routine that you can do a couple of times a day (don't forget weekends so that you can continue streaking every day).



Use someone else's bathroom.

If you work in a building with stairs, use the bathroom on a different floor. If you don't have stairs, use the bathroom in a different building. This adds a new meaning to the term "Bowel Movement".



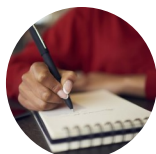
Read a book, policy, training manual that you have been meaning to read for years. Or, finish that book you started.

You might be amazed at the progress you can make on a book if you spend a little time reading every day. The time and pages really add up. You might also find that you read a little longer once you get started.



Learn excel (or other new program).

Every morning, learn a keyboard shortcut or a function in a program that you work with daily. Then practice using it the rest of the day. An example might be a new function in excel.



Make a resource list.

Every day find a new resource (online or otherwise) that you can use every day for your job. Make a list of these resources and how to find them quickly. Share the list with teammates.

OCCUPATIONAL WELLNESS

Continued....



Compliment a co-worker: daily affirmations.

Use daily affirmations for you, but maybe even better, for your coworkers. You will find new qualities and appreciate for those with whom you work and you might find work to be a happier more fulfilling place (not that it isn't already).



Expand, grow, enlarge, increase, aggrandize, amplify, stretch, and magnify your vocabulary.

Join a word-of-the-day service, get a word-of-the-day calendar, learn a new word every day, use it at least 10-times and the word is yours.



Blow your boss away on E-Par day.

Review your E-Par goals or any other project on which you have been working but not making progress. Develop a plan to do just a little bit everyday to meet a goal or forward a project. You will be amazed at what you can accomplish during The Streak Challenge (and beyond).