KINDNESS CHALLENGE

This month, Wellness@Work and the GREAT at U of G Initiative challenge you to focus on being kind to yourself and others by completing our November Kindness Challenge.

Some of the challenges foster gratitude. When we express gratitude, it reminds us how much we have in our lives and how much we can give to others. Others foster recognition and appreciation. Taking the time to recognize amazing qualities in others can cultivate confidence and connection. All foster a kinder community.

Enter to win a prize: Send a photo of your completed bingo card to wellnessatwork@uoguelph.ca by November 30th. The first 20 entrants will receive two hot beverage vouchers. One for you and one to treat a colleague!

Start your day by writing a list of three things you are grateful for.	Take a short a quiet time to reflect on your joy.	Take a walk outside and stretch your legs.	Nominate a colleague or leader for the November "G" Thanks prize: uoguel.ph/gthanks	Give someone a compliment.
Send an encouraging e-mail.	Take a break and drink lots of water.	Frame a photo of a favourite memory. Place it somewhere where you'll see it regularly.	Listen to someone without judgement.	Make a list of three things you love about yourself.
Tune in to all the wonderful things happening around you.	Write a list of three great qualities about someone and give it to them.	Enjoy something that makes you smile.	Take a break and appreciate something around you.	Put on your favourite piece of clothing to make yourself feel good.
Wake up early and enjoy the sunrise.	Say "thank you" and make eye contact with a service worker. Smile!	Find out something new about a coworker.	Write a positive sticky note to someone in your life.	Reflect on something positive that happened today.
Write a handwritten thank you note to a colleague you appreciate.	Give yourself a compliment.	Let your colleagues know that you're thankful for their hard work.	Savour each bite of one of your meals.	Say "Good Morning" to the first person you see.