

FRESH START CHALLENGE CHECKLIST



Kick off the new year with a focus on your wellbeing. Complete at least 5 activities from the list below throughout January to earn up to 15 Wellbeing Tickets!

Use the checklist to find activities and track your progress. Then submit the [Fresh Start Challenge Form](#) by January 30 to earn Wellbeing Tickets!

- 2025 Word of the Year:** Reflect on a word or theme that represents your goals and intentions for the year ahead.
- Move More:** Take a 15-minute walk or do a 10-minute workout.
- Hydration Goal:** Drink 8 cups of water.
- Mindful Moment:** Practice a 5-minute meditation or mindfulness session.
- Healthy Swap:** Replace one unhealthy food or drink with a healthier option.
- Gratitude Practice:** Write down 3 things you're grateful for.
- Digital Detox:** Take a 30-minute break from screens during the workday.
- Stretch & Refresh:** Do 5 minutes of stretching.
- Social Connection:** Send a positive note to a family member, friend, or coworker.
- Spring Clean:** Spend 10 minutes decluttering any space in your life (desk, digital files, home area, or email inbox).
- Self-Care Break:** Spend 10 minutes each day on a self-care activity, such as listening to music, or journaling.
- Career Goal:** Identify and set one career goal for the year.