



HOLIDAY WELL-BEING 12-DAY CHALLENGE

DAY

01

Budgeting Support:

Explore tools and resources that offer tips on managing holiday expenses.

DAY

07

Self-Love:

Schedule a special treat or activity just for you.

DAY

02

Recipe Share:

Spread joy by sharing a favorite holiday recipe with others.

DAY

08

Kindness Challenge:

Perform a small act of kindness for someone.

DAY

03

Holiday Budgeting:

Set aside 15–30 minutes to map out a holiday budget.

DAY

09

Healthy Day:

Prioritize your health with a nutritious meal or smoothie.

DAY

04

Gratitude List:

Reflect on small and big blessings from the past year.

DAY

10

Recognize Others:

Send a quick thank-you email, write a GT Show Your L.O.V.E. message, or give praise in Teams.

DAY

05

Nature Walk:

Spend time outdoors to recharge and connect with nature.

DAY

11

Set Goals:

Outline three achievable goals for 2025 to kick-start the new year.

DAY

06

Try Mindfulness:

Explore a new mindfulness activity to help manage holiday stress.

DAY

12

Reflect and Recharge:

Identify emotional well-being practices and plan how to incorporate them into your routine.