

# 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.