



21 Days to Happy Habits

Welcome to the 21 Days to Happy Habits program! This 21 Day wellness campaign will help you reduce your stress levels while promoting a positive outlook on life.

How to Play

The program officially begins on **[Date]**. Throughout this program, we challenge you to do the following **every day**:



- Take 5 minutes of “ME” time.** We recommend taking a 5 minute break during the workday so you can calm your mind, de-stress, boost your creativity, and refocus on your daily tasks. Examples – Meditate, go for a walk, drink your coffee in silence.
- Write down 3 good things that happen each day.** Research suggests that there is a positive relationship between gratitude and overall well-being.
- Complete 1 act of kindness.** Not only is kindness toward another person beneficial for them, it can be great for you as well!

Next Steps

Please take a few minutes to review your tracker **(attached)**. Your trackers will be kept confidential and will only be used to record your participation in the program. Turn your weekly trackers in to **[Name]** by **[day of week]** to be entered into a drawing for prizes! If you successfully complete all 21 days, you will also be entered to win the grand prize **[prize]**.

Questions?

Please contact **[Name]** by **[email and/or phone]**.