

10-DAY WORKPLACE GRATITUDE CHALLENGE

NMPSIA Wellness invites you to join a 10-day gratitude challenge designed to cultivate a positive workplace atmosphere before the holiday break. These activities are meant to be meaningful yet manageable, helping you end the year on a positive note.

Practicing gratitude can improve mental health, reduce stress, enhance relationships, and increase overall happiness. Each day includes a simple and a more involved option so you can choose based on your time and energy levels.

**All completed challenge submissions
receive a prize!**

Here's how it works:

- You have 12 days [December 8-19] to complete one activity in each box of the tracker. Choose the simple or complex challenge - or aim to do both!
- Complete the short reflection at the bottom of the tracker.
- Include your Name and Worksite at the bottom.
- Submit your completed tracker using the link below by 12/23/25.

Click Here to submit or go to:

<https://www.surveymonkey.com/r/NDVFXKF>



NMPSIA WINTER CHALLENGE

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Simple: Write down 3 things you're grateful for at work.



Complex: Share 1 of those with a colleague & tell them why it matters to you.



Simple: Send a quick thank-you email or message to a coworker.



Complex: Write a handwritten note or card and leave it at their desk.



Simple: Add a sticky note to a shared gratitude wall with something positive.



Complex: Organize a mini gratitude board in your department and invite others to contribute.



Simple: Take 5 minutes to reflect on a recent challenge and what you learned from it.



Complex: Journal about how gratitude has helped you grow professionally this year.



Simple: Compliment a colleague on something they do well.



Complex: Nominate someone for a "Gratitude Spotlight" and share their impact in meeting or email.



Simple: Hold the door, offer to help, or do a small act of kindness.



Complex: Volunteer to assist a colleague with a task or project they are working on.



Simple: Share 1 thing you appreciate about your team during a meeting.



Complex: Facilitate a short gratitude circle at lunch where everyone shares something positive.



Simple: Share a song that lifts your mood with a coworker.



Complex: Create a collaborative "Gratitude & Joy" playlist for your worksite.



Simple: Reflect on a skill you have improved this year and feel proud of.



Complex: Share your growth story with a mentor or peer & thank them for their support.



Simple: Bring a treat or small token of appreciation to share with the team.



Complex: Organize a short gratitude-themed gathering or virtual celebration.

1. Did you notice any changes in your mood, mindset, or relationships at work?

2. How did expressing appreciation affect your connection with coworkers?

Name:

Worksite: