

30 DAY CIVILITY AND RESPECT CHALLENGE

CHECK OFF EACH TIME YOU SHOW CIVILITY & RESPECT THIS MONTH.

WORK AS A TEAM OR INDIVIDUALLY.

WHEN COMPLETED, EMAIL WELLNESS@WAYPOINTCENTRE FOR A CHANCE TO WIN A PRIZE!

WRITE A POSITIVE
AFFIRMATION AND
REPEAT IT
THROUGHOUT THE
DAY

SAY HELLO
TO 5 PEOPLE
TODAY

CLEAN UP 3
PIECES OF
LITTER

BUY/MAKE
SOMEONE A
COFFEE OR TEA

GIVE
YOURSELF A
COMPLIMENT

UNPLUG FROM
TECHNOLOGY
FOR AN HOUR

SEND SOMEONE
YOU KNOW A
JOKE TO CHEER
THEM UP

HAVE LUNCH
WITH A
COWORKER

GIVE A
COWORKER A
SHOUTOUT

BAKE OR COOK
SOMETHING TO
SHARE WITH
OTHERS

CELEBRATE
YOUR
ACHIEVEMENTS

HOLD THE
DOOR FOR
SOMEONE

WRITE A
THANK YOU
EMAIL!

CONNECT WITH
NATURE BY
VISITING A PARK,
BEACH, OR
FOREST

CALL OR TEXT
A FRIEND TO
CATCH UP

CELEBRATE
SOMEONE
ELSE!

GREET 3
PEOPLE BY
NAME

TELL
SOMEONE YOU
ARE GRATEFUL
FOR THEM

TURN OFF YOUR
CELL PHONE
DURING
MEETINGS/DINNER

LIST 3 THINGS
YOU ARE
GRATEFUL FOR.

HAVE A CLEAR
OUT AND TAKE
ITEMS TO A
CHARITY SHOP

SMILE AT
5 PEOPLE

PERFORM A
RANDOM ACT
OF KINDNESS

RESIST
MULTITASKING
WHEN SOMEONE
IS SPEAKING TO
YOU

CELEBRATE
YOUR
ACHIEVEMENTS

GIVE A
COWORKER A
SHOUTOUT

DECLUTTER A
ROOM OR
WORKSPACE

GIVE
YOURSELF A
COMPLIMENT

CELEBRATE
SOMEONE
ELSE!

SPEND TIME
WITH A PET OR
VISIT A LOCAL
ANIMAL SHELTER