ONE-MONTH PROFESSIONAL WELL-BEING CHALLENGE ‼️

The 5 Minute or Less

Monday	Tuesday	Wednesday	Thursday	Friday
Activity: Block off 15 minutes on your calendar this week as Learning Time. *Find a work related podcast* https://podcasts.google.com/	Activity: Practice your elevator pitch. Define who you are and what you do best in a 30 second pitch and practice it.	Set A Timer: Take 5 Minutes to arrange your work space to make it more comfortable	Video Break: Updating Your Resume *Find out the best way to showcase the work you do*	Activity: Recall and list 3 moments where you felt proud of your work this week
Activity: Block off 15 minutes on your calendar this week as Learning Time. *Find a work related podcast* https://podcasts.google.com/	Video Break: Presentation Skills *Build some confidence in your ability to present to others*	Take a break Relax and Recharge for 5 Minutes	Set a Timer: Take a 5 Minute Connection Break Call, message, or email a colleague just to check in	Activity: Recall and write out a time when you felt you added value to your department this week
Activity: Block off 15 minutes on your calendar this week as Learning Time. *Find a work related podcast* https://podcasts.google.com/	Activity: Think about the projects or tasks that you've done recently. List out what you found exciting or rewarding to do	Take a break Relax and Recharge for 5 Minutes	Video Break: A Model for Planning Professional Development *While originally geared towards supply chain professionals, this model is useful for everyone.*	Activity: Write out what is the greater purpose of your role
Activity: Block off 15 minutes on your calendar this week as Learning Time. *Find a work related podcast* https://podcasts.google.com/	Set a Timer: Take a 5 Minute Connection Break Call, message, or email a colleague just to check in	Video Break: Understanding Your Personal Brand *Focus on the presence you are trying to create*	Video Break: Building Resilience After A Difficult Situation *Learn a specific strategy for rebounding after stressful work events*	Activity: List your biggest take away from this Month-long Challenge