

7-Day Wellbeing Challenge

Good leaders know that when employees have a sense of wellbeing, they're more productive, creative, and engaged. (Better) leaders understand that it's their responsibility to create an environment where others can be well. Take our 7-day challenge to support your own wellbeing — and your team's, too.

Monday: Make a connection.

Wellbeing depends on connection, so look for ways to build stronger relationships with others. Try asking a colleague, direct report, family member, or friend how they're feeling and how you can support them. Then, closely listen to their responses to grow the depth of your connection.

Tuesday: Take control of your schedule.

Review your calendar and block time for whatever is important to you – even personal things you don't typically put on the schedule. Keep an eye out for small windows you could use to recharge. Could you squeeze in a quick yoga session or write in your journal for 15 minutes in between meetings?

Wednesday: Walk and talk.

Look for opportunities to hold meetings while strolling outside in the fresh air, instead of sitting inside at a desk. You can chat through an issue with a friend or colleague in person, or talk on the phone as you take a walk. Either way, you'll boost your creativity and energy levels as you dialogue together.

Thursday: Think about purpose.

Take 10 minutes to reflect on the parts of your job that bring you energy and are aligned to what you believe is meaningful. Then invite your team to do the same. Can you help your direct reports find a greater sense of purpose by connecting their day-to-day tasks with the organization's larger mission?

Friday: Foster learning from challenges.

Invite your team to share something that didn't go as planned — and what they learned from what went wrong. Model this behavior by openly sharing your own mistakes and lessons learned. You'll start to see results right away; emboldened to take risks, your team will become more innovative and creative.

Saturday: Send a note of gratitude.

Let a colleague, direct report, mentor, family member, or friend know that you're grateful for them, and cite a specific impact they've made in your life. This will make a difference, both to you and them – and it doesn't matter whether you write a handwritten note, compose an email, or just send a text.

Sunday: Savor the positive.

Our brains have a natural negativity bias, so counter that tendency by intentionally taking time to notice one thing that brings you joy today, whether big or small. Then, consciously savor the experience using all of your senses to prolong positive emotions, maximize joy, and increase your overall wellbeing.