Be the Change Challenge

Develop yourself or others and “be the change you wish to see in the world (Gandhi).” Improve your awareness, talents and potential, and help to enhance the quality of life for others.

To participate:

- Pick a week and choose two activities to earn 10 points!
- Complete the tracker sheet and submit to earn your points!
- Visit www.uc.edu/hr/bewelluc/challenges/cyoc to learn more.

Activity Options:

- **Express sincere gratitude to someone** – “gratitude is an attitude”. Foster it by encouraging it. Challenge yourself to express gratitude each day.
- **Volunteer to help someone** at UC – “help” can take many forms. Think outside the box and outside the workplace and find a way to give back.
- **Volunteer at a community** organization – discover the needs of others in your community and put your talents and skills to work.
- **Read a fun book** – relax and lose yourself in a good book. Find a book focused on mindfulness or a skill to help you get organized.
- **Quiet relaxation or reflection** – 10 minutes of quiet time each day.
- **Sign up for something** that you have always wanted to do or learn about. Try something outside of your comfort zone!
- **Listen to relaxation podcasts or recordings** – set aside just 10 minutes/day
- **Read a self-help book** – what are you really good at? Choose a book to read that will make you even better at it!
- **Enroll in an educational class** – what have you always wanted to know more about, but were afraid to ask?
- **Plan a fun activity for yourself** or with others – “Life is good” - make it so for others and organize an outing for friends or family.
- **Mentor or tutor a child/student** – Whether a formal or informal opportunity arises, take the time to read, solve problems or just listen to a student who could use your attention.
- **Create a self-improvement challenge of your own** – what haven’t we listed that would help you the most? Track it & earn the points!
**Be the Change Challenge**

*Earn 10 Be Well UC points!*

<table>
<thead>
<tr>
<th>Name: _________________________________________</th>
<th>M#: __________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email: _________________________________________</td>
<td>Phone: ______________________</td>
</tr>
</tbody>
</table>

### Set 2 Goals

<table>
<thead>
<tr>
<th>Goal #1</th>
<th>Describe the Activity You Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Goal #2</th>
<th>Describe the Activity You Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please total your activities and submit your form via email to wellness@uc.edu or mail to Ashley Varol/ML0039. Points will be added to your portal account on the first week of the following month of receiving forms.

**We want to share Be Well UC stories!**

Check below – would you be willing to share your experience on the website?

____ Yes _____ No

Questions? Please contact wellness@uc.edu

uc.edu/hr/bewelluc