



Paving a Positive Pathway

Focus Area: Well-being

Objective: To help with creating a more positive mindset by encouraging participation in *simple* positive habits

Length of Challenge: Four-weeks (length of time is flexible; contact your WFHTN Regional Wellness Coordinator for assistance with editing)

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- [Personal Journal](#)
- [Challenge Checklist](#)
- Prizes (optional)

Directions:

- Participants will engage in four different weekly positive practices.
- Participants will use a personal journal to track their progress, but it is not required to be turned in.
- At the end of the challenge, “Challenge Checklists” will be submitted to show participation.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.



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Getting Started:

1. Decide the dates your "Paving a Positive Pathway Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date. [*Sign-up period is optional.*]
3. Determine how participants will submit their "Challenge Checklist" and how winners will be rewarded.
 - *Remember: Challenge rewards do not have to be tangible. Announcing the winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!*
4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet, and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates when the challenge will begin and end.
 - Instructions for how to participate in the "Paving a Positive Pathway Challenge"
 - Details about how to submit their "Challenge Checklist" and how winner(s) will be rewarded.

NOTE: Don't forget to BCC participants if contacting them via email.
6. Print or attach via email the "[Personal Journal](#)" + "[Challenge Checklist](#)" and distribute to all participants.
7. Remember to send participants a friendly email reminding them to engage in the challenge and have fun with it. Your communication might include additional info related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (See 'Sample Emails' below.)
8. As the challenge comes to an end, send out a reminder to participants to submit their "Challenge Checklist" and announce the winner(s)!