

Fold this matrix in half to serve as a desk-top guide & tracker of your accomplishments throughout the challenge. Jot down the wellness activity you have done in a blank square with a date of completion. You can view the other side of this matrix for a list of suggested prompts. **Those who participate will receive a wellness item to keep up the good work throughout 2023.** Visit calawyers.org/health-and-wellness/ for more information.



#CLAWellnessChallenge MATRIX (Blank)

#CLAWellnessChallenge MATRIX (Guided)

Set a personal & professional goal	Drink at least 80 oz. of water in a day	Participate in low impact exercise	Try a new recipe & share it	Disconnect from Social Media
Go to bed 30 minutes early	Perform a random act of kindness	Take your meeting while on a walk	Spend at least 1 hour outside	Eat at least 6 servings of fruit and vegetables
Spend 10-15 minutes decluttering your space	Meditate or other mindful practice	Explore a new city or part of your own town	30 minutes of yoga	Call a friend or relative
Pamper yourself	Get 8+ hours of sleep	Create with your hands (gardening, crafts, art)	No Sugar (including added sugars)	Ask for help
3 things you are grateful for	15 minutes of stretching	Read a wellness article	Try a new exercise	Volunteer in your community



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