






# MARGIN

THE Space BETWEEN

## WELLNESS EMPHASIS

*Working~Well challenges you to maintain a healthy margin for relationships, personal health and fun each day for 3 weeks. Identify space in your schedule to intentionally focus on your wellness journey and create a margin for success.*

<b>1</b> <b>Day 1:</b> We are wired to connect. Take a few moments to <i>connect with someone today</i> <input type="checkbox"/> 5 minutes	<b>2</b>  Oxytocin, known as the "cuddle hormone" is released when people or pets snuggle up <input type="checkbox"/> 5 minutes	<b>3</b> <input type="checkbox"/> 5 minutes	<b>4</b> <input type="checkbox"/> 5 minutes	<b>5</b>  <input type="checkbox"/> 5 minutes	<b>6</b> On average, women speak 20,000 words per day. Men speak ~7,000 words each day. <input type="checkbox"/> 5 minutes	<b>7</b> <input type="checkbox"/> 5 minutes
<b>8</b> <input type="checkbox"/> 30 minutes	<b>9</b> 11lb of muscle burns 3X more calories than 11lb of fat <input type="checkbox"/> 30 minutes	<b>10</b>  <input type="checkbox"/> 30 minutes	<b>11</b> <input type="checkbox"/> 30 minutes	<b>12</b> <input type="checkbox"/> 30 minutes	<b>13</b> You're simply glowing! Keep it going! <input type="checkbox"/> 30 minutes	<b>14</b> <input type="checkbox"/> 30 minutes
<b>15</b>  You're on the home-stretch! Finish Strong <input type="checkbox"/> 30 minutes - 1 hour	<b>16</b> <input type="checkbox"/> 30 minutes - 1 hour	<b>17</b> <input type="checkbox"/> 30 minutes - 1 hour	<b>18</b> Feeling sluggish? Play can boost energy & positivity <input type="checkbox"/> 30 minutes - 1 hour	<b>19</b>  <input type="checkbox"/> 30 minutes - 1 hour	<b>20</b> YOU DID IT! TIME TO CELEBRATE! <input type="checkbox"/> 30 minutes - 1 hour	<b>21</b> <input type="checkbox"/> 30 minutes - 1 hour

### WEEK 1

#### CARVING OUT SPACE FOR CONNECTIONS

**Each day, carve out 5 minutes to intentionally strengthen a relationship.**

Whether it's with a spouse, friend, colleague, child or yourself, small daily investments will have big results!

**Push the Boundaries:** Spend 5 minutes each morning, afternoon and evening investing in your relationships.

### WEEK 2

#### HEALTHY DIETS & CONSISTENT EXERCISE ARE PRIORITIES, NOT LUXURIES

**At least 3 or 4 days this week, carve out 30 minutes for healthy food choices and exercise.**

This may be 30 minutes of meal prep before work for a quick and easy dinner prior to rushing to evening activities, or a 10-minute morning walk after coffee and a 20-minute evening walk before dinner.

**Push the Boundaries:** Devote 30 minutes each day to exercise and 30 minutes each day to preparing healthy snacks and meals.

### WEEK 3

#### DOODLE IN THE MARGINS

**At a minimum, 2 days this week, carve out 30 minutes to one hour for fun!**

Small pauses for fun, such as playing fetch with your dog or dancing in the kitchen while cooking, can be easily woven into each day, but larger spans of time for hobbies or simple pleasures are often much harder to create. This week, skip TV or scrolling through social media for 30 minutes and make that forgotten hobby of yours a priority. Let your hair down and laugh a little!

**Push the Boundaries:** Devote 30 minutes each day to an activity that fills your cup and puts a smile on your face and 1 hour this week fully immersing in a hobby you've always wanted to try or pick back up.