



Spring 2019  
Wellness Campaign



**Sign Up Now!**

Challenge starts **March 25th.**

*Please register by campaigns start date to ensure your prize!*

*Join us in committing to increase your self-awareness!*

## Tools for the challenge

### Tracking Sheet

<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>
The Power of Self-Awareness	Fuel: Sustenance or Indulgence?	Spark your Social Awareness	Attention-Grabbing Safety Practices	Self-Management: Turning up the Heat

Over the next five weeks the Spring Campaign, **Ignite your Insight**, will provide you with the tools necessary to *increase your self awareness* both internally and externally. It will guide you through steps to assess your strengths and weaknesses, and pinpoint triggers to better understand your actions and and identify patterns driving your decisions.

Complimentary  
Baseball Cap

