

Team Challenge Schedule and Points

Monday August 19th – Friday 23rd

Monday Gratitude Journaling



August 19th

Start the week by reflecting on three things you are grateful for and why.

1 point:

- Listen to the daily gratitude recording and write a brief entry in the chnnl app about what you're grateful for.

2 points:

- Complete the gratitude journaling prompt and share your reflections in the app.

Tuesday Personal Reflection



August 20th

Reflect on a recent personal or professional experience that taught you a valuable lesson

1 point:

- Listen to the daily gratitude recording and journal about the experience and what you learned in the chnnl app.

2 point:

- Share a detailed account of your reflection and its impact.

Wednesday Webinar with Expert



August 21th

Attend the webinar on gratitude, reflection, and taking notice with our expert.

1 point:

- Listen to the daily gratitude recording, reflect on the webinar, and journal your key takeaways in the chnnl app.

2 points:

- Participate in the webinar and share a detailed entry about how you'll apply what you learned.

Thursday Take Notice of Your Surroundings



August 22th

Spend time today really taking notice of your surroundings. This could be a walk in nature, simply being present in the moment

1 point:

- Listen to the daily gratitude recording and journal about what you noticed in the chnnl app.

2 points:

- Write a detailed reflection on how taking notice impacted your day and mindset.

Friday Gratitude, Reflection, and Taking Notice Quiz



August 23th

Take the quiz to test your knowledge on gratitude, reflection, and taking notice.

1 point:

- Listen to the daily gratitude recording and complete the quiz.

2 points:

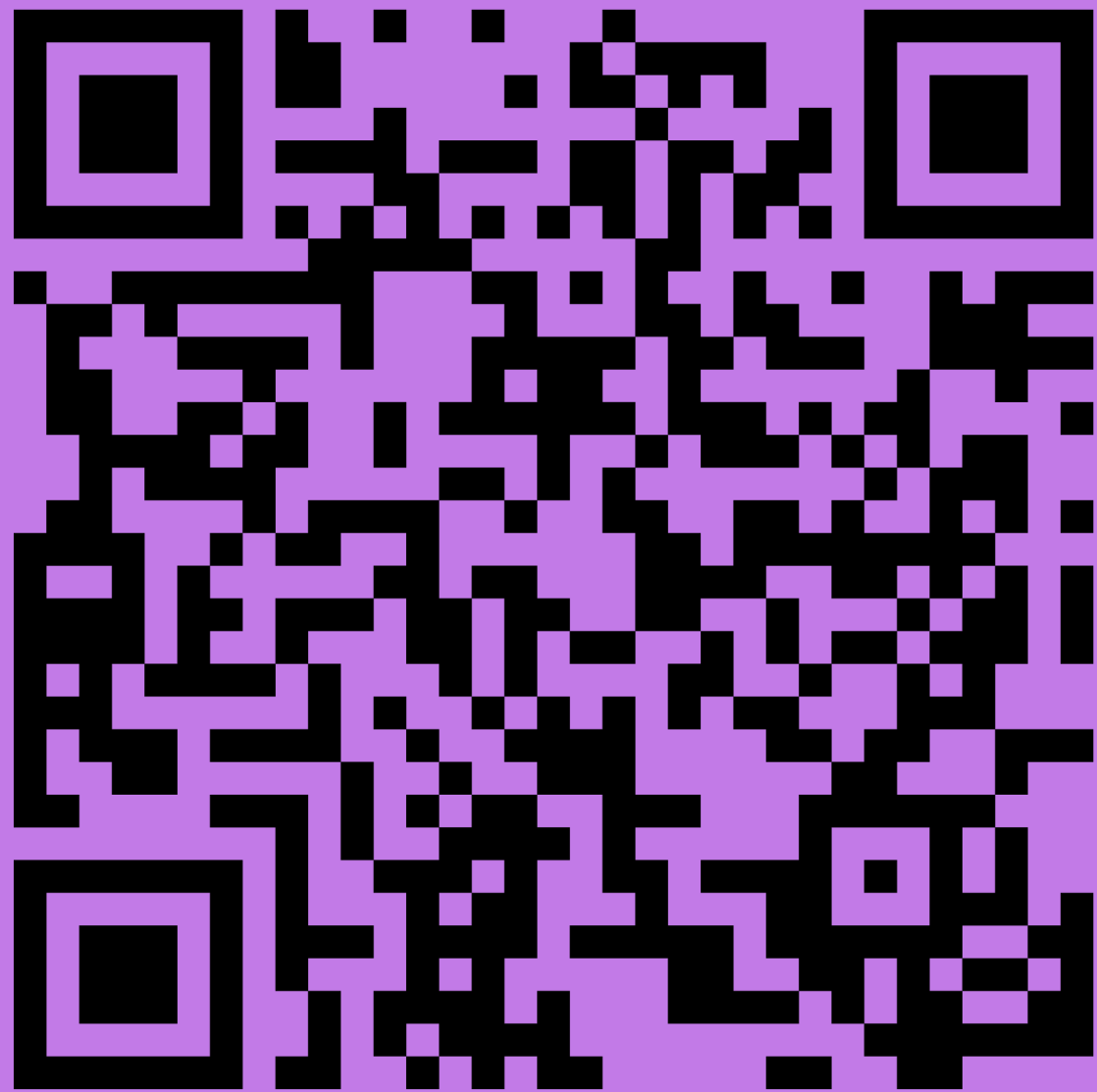
- Complete the quiz and journal about what you learned in the chnnl app.

AUGUST TEAM CHALLENGE

chnnl

Gratitude Challenge

August 19th - 23rd



<-- Sign-up here

<https://signup.chnnl.app/gratitude-challenge>

