

# 2024



# SPIRITUAL WELLNESS CHALLENGE

**JANUARY 4<sup>TH</sup> TO FEBRUARY 1<sup>ST</sup>, 2024**

Spiritual Wellness is all about connection – how we connect to ourselves through our values and sense of purpose, and how we connect to the world around us. The activities listed below are intended to help you explore or improve your spiritual wellness!

**The Spiritual Wellness Challenge runs from January 4 - February 1.**

All those who have completed activities by Jan. 18 will also be entered into an early bird draw!

The Spiritual Wellness pin is one of eight pins to complete the Wellness Wheel.

All participants will receive a Spiritual Wellness pin and have a chance to win some awesome prizes!

**Complete three of the seven activities:**

- Random act of kindness  
*(like putting money in an expired parking meter)*
- Volunteer with a charity or organization you believe in
- Choose to forgive someone who has wronged you
- Watch a sunrise or sunset
- Pray, meditate, or journal
- Write your personal mission statement or code of ethics
- Practice gratitude

After completing activities, complete the survey:  
<https://www.surveymonkey.com/r/FNCZGBQ>



**Health PEI**  
EMPLOYEE WELLNESS TEAM