

mindful
MONDAY

Start a gratitude journal for the week. Write about all of the things you are thankful for.

time to talk
TUESDAY

Call or FaceTime a teammate to check in on them.

wellness
WEDNESDAY

Post something inspirational or uplifting for your team.

thoughtful
THURSDAY

Take the time to write a note to your coach. Send it digitally or go old school and send a note. We could all use a pen pal right now!

fun-filled
FRIDAY

Find an inspirational song and improv to it. Share the video with teammates.