

SJC ENGAGE 2024 WELLNESS CHALLENGES

Gratitude & Positivity Challenge

What is gratitude? Gratitude is about showing kindness, being thankful for what you have, or appreciating others.

Who are you grateful for? Submit an entry to express your appreciation.

Entries will be published on the SJC Engage website.



Go Gold Challenge

To celebrate the 2024 Olympics in Paris, our new Go Gold physical activity challenge traces the international sports spectacle's evolution — from ancient Greeks through modern day.

Worldwide Challenge

Worldwide Wellness gives participants the sense of going somewhere — not just virtually, but in their overall health and well-being. It's an ideal way to experience progress toward personal goals and work on travel priorities.



Habit Building Challenge

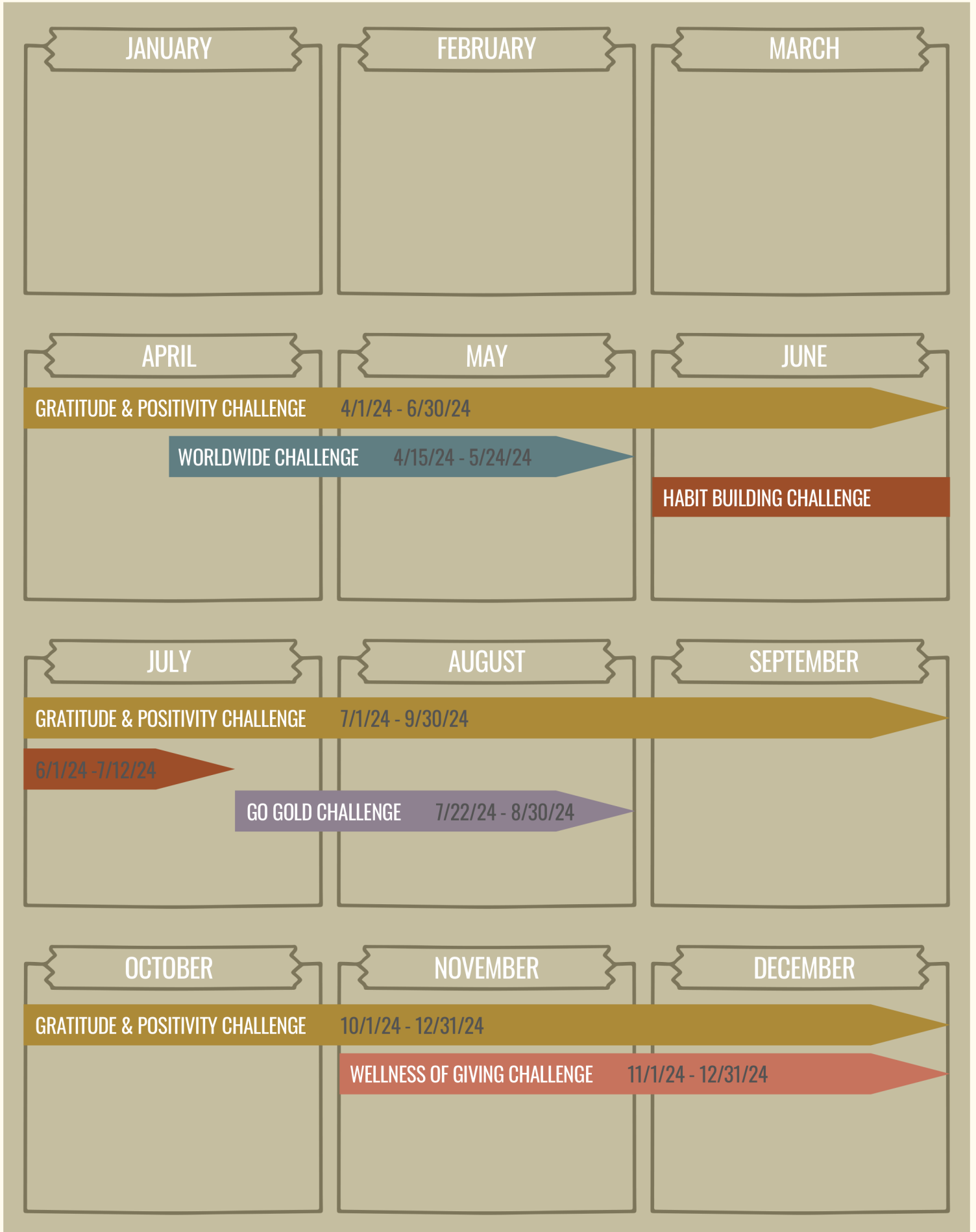
According to the 21/90 rule in psychology, it takes 21 days to make a habit. Commit to a personal or professional goal for 1.5 month straight.



Wellness of Giving Challenge

The Wellness of Giving challenge is a 2-month challenge that invites staff to self-declare their community service volunteerism between November 1 and December 31, 2023

SJC ENGAGE 2024 WELLNESS CHALLENGES CALENDAR



PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION:

[SJCENGAGE.COM](https://www.sjengage.com)