

Take Your Mood Out of This World Challenge

Cultivate a positive and joyful atmosphere through daily activities that promote happiness and well-being. Why boost your mood? It feels good! Embracing happiness has far-reaching implications for physical health, mental well-being, social connections, professional success, personal growth and community vitality. Get ready to blast off on your galactic journey to a star-studded mood.

Instructions:

For two weeks, achieve at least **five activities** per week for a total of 10 activities over the course of the challenge.

Tracking:

With 14 days of actions, draw stars and/or planets (to go with the space theme) under the dashed line once the activity is completed.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Write down three things you're grateful for. Post somewhere you can see for the day (or longer!)	Share a positive affirmation with a teammate or friend.	Perform a random act of kindness. Ideas include a note of appreciation, a small treat, or assistance with a task.	Send a funny video or GIF to share in a good laugh.	Take a break to connect with nature. Whether it's a walk in a nearby park or a moment in your garden, spend time outdoors.	Share a hobby or passion with your colleagues.	Practice mindfulness meditation for at least 10 minutes. Use apps or guided sessions if needed.

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Create a playlist of uplifting and happy songs.	Invite friends/family to a game night or organize a virtual game session with teammates.	Create a digital or physical vision board depicting your personal and professional aspirations.	Have a pet show and tell: Share photos of your pet or have them make a guest appearance at a virtual meeting or gathering. Pets bring joy and create a positive atmosphere.	Take a moment to reflect on achievements and positive moments. Follow it up with a relaxation session, whether it's deep breathing or a short mindfulness exercise.	Share an inspirational quote with your team or a friend.	Celebrate good times! Wrap up the challenge with a celebration to reward your commitment.

Connect with a health coach – just for you!

Eligible members can work confidentially with a health coach, at no extra cost, to set sustainable health goals and move toward them in ways that work best for you. You'll better understand your health, how to advocate for yourself, and self-manage ongoing health issues. Since health coaching takes place by phone or video, it's easy to connect from just about anywhere. To learn more, email healthcoachteam@modahealth.com or call 800-913-4957.

modahealth.com

