

Sign up below for the Winooski School Employee

Personal Wellness Challenge

To sign up for the challenge, type your name in one of the boxes below by May 8th. Add more rows if necessary. I will send you an email on May 10th to confirm.

Krista Parisi	
Nan Johnson	
Katie Letourneau	
Judy Edelstein	
Jaycie Puttlitz	
Callie Reinker	
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Holly Haggerty	
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Mikaela Bee	
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DETAILS

Winooski School Employee: Personal Wellness Challenge

[Click Here for the Worksheets](#)

There are 6 parts to this challenge--but it will be worth it (see incentives below).

1. *Sign Up* by Friday, May 8, if you choose to accept the challenge! [Click here to sign up.](#)
2. *Assess Your Life Balance**: In this part of the activity, you will answer questions to help you understand where your wellness strengths and challenges are right now.
3. *Analyze/Compare** your assessment(s): If you have your assessment wheel from Wellness Day, use it to compare what parts of your wellness have changed since then. If you do not have it, that's fine! Just use the assessment to analyze your current state of wellbeing.
4. *Set a Goal**: In this part, you will determine what you want to achieve to improve your well-being or bring your life back into balance. You can use a SMART goal planner (optional, included in worksheets) to help make sure you can successfully take action toward achieving your goal.
5. *21-day Reflection**: Hold yourself accountable! Each day, you need to check in on how you are doing. You may want to write every day, or every few days. The frequency is determined by how you are measuring your goal.
6. *Complete Google Survey*: I will send a survey on May 31 to those who have signed up by May 8 (Survey to be completed by June 5).

[*Click Here for the Worksheets for parts 2-5](#)

INCENTIVES There are a few incentives to doing this challenge.

First, there is the personal satisfaction of accomplishment.

Second, if you are a PATH participant, you will receive 10 PATHpoints toward the 200 that you need for your \$100 LL Bean gift card.

And last, we are giving away \$10 gift cards to Claussen's Florist, Greenhouse & Perennial Farm for the first 40 employees to complete the survey at the end of the challenge!

IMPORTANT: To be eligible for the gift cards, you must do two things:

1. Sign up for the challenge by May 8 (see above).
2. Be one of the first 40 employees to complete the Google survey at the end. The survey will be sent only to employees who signed up by May 8!

OPTIONS

- Since the assessment does require you to fill in the wheel, you will have to print it out. If you do not have access to a printer, email me (Jaycie Puttlitz) by Tuesday, May 5, and I will print and mail hard copies on Wednesday so you get them by the weekend.
- Another option is to use the 36 statements to rate yourself, and see which sections have the lowest numbers. Then, you can save a personal copy of these [worksheets](#) to your Google Drive and fill in the rest of the activity sections on your computer.

- Do this with a partner! If there is someone in your home or online that can help you stay focused on your goal, be sure to do this with them so you have some support to succeed. (Note: only employees are eligible for the PATHpoints and gift card, but personal satisfaction is for everyone!)

Need help? If you need any help in completing the assessment or setting a goal, please contact me and I will work with you to find the right goal for you.

Jaycie Puttlitz

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