RamStrong Gratitude Challenge
November 2023

Mon Nov 1
Go one full day without complaining.

Thurs Nov 2
Sign up for TimelyCare and encourage one other to do the same.

Fri Nov 3
Take time to smile at everyone you see today.

Mon Nov 6
Do a random act of kindness for someone.

Thurs Nov 9
Watch a financial webinar and learn how to balance your holiday spending

Fri Nov 10
Tell someone why you are grateful to have them in your life.

Mon Nov 13
Take a break with a virtual guided meditation provided by Rec Well

Tues Nov 14
Check out the resources on RamStrong.vcu.edu

Wed Nov 15
Write down what YOU did for self-care today

Thurs Nov 16
Turn any negative thoughts into positive thoughts.

Fri Nov 17
Write down five things that you love about yourself.

Mon Nov 20
Think about three things that you usually take for granted.

Tues Nov 21
Write down how VCU enriches your professional growth

Wed Nov 22
This about how you’re grateful for bed tonight.

Thurs Nov 23
Tell three people in your life why you appreciate them.

Fri Nov 24
Write what YOU are optimistic about at VCU

Mon Nov 27
Connect with nature and literally HUG a tree.

Tues Nov 28
Get a workout today with virtual kickboxing by RecWell and be grateful for your body.

Wed Nov 29
What do you do to keep our VCU community safe?

Thurs Nov 30
Spend quality time with loved ones, without any screens.

Well done! You've done a great job. Congratulate yourself today.

Everyone who registers receives a VCU RamStrong t-shirt. Weekly prizes and a grand prize at the end of the challenge are yours to win! Drawings will be the following Monday of each week. Prizes are provided by Rec Well, Virginia Credit Union, and VCU Bookstore.

This challenge is sponsored by VCU HR Work Life and Employee Health.