



# Happiness Challenge

**Focus Area:** Well-being

**Objective:** To complete activities that support a happier and more fulfilling lifestyle

**Length of Challenge:** Two weeks (can be shortened or extended)

## Materials Needed:

- Sign-up Sheet or form (optional, but recommended)
- [Happiness Challenge Calendar](#)
- Prizes (optional)

## Directions:

- Check off each day you complete the highlighted happiness activity on the Happiness Challenge Calendar.
- Try to do as many activities as possible!
- At the end of the challenge, let us know you participated at [https://stateofennessee.formstack.com/forms/wfhtn\\_happiness\\_challenge\\_submission](https://stateofennessee.formstack.com/forms/wfhtn_happiness_challenge_submission).

**Regional/Satellite Offices & AWS Employees:** This challenge can be hosted across regional/satellite offices and/or with AWS employees.



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## Getting Started:

1. Decide the dates your Happiness Challenge will run.
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants will submit their challenge calendar and how winners will be rewarded.  
*Remember: Challenge rewards do not have to be tangible. Announcing the challenge winner(s) in an email, newsletter or flyer are all great ways to give recognition!*
4. Announce the challenge to employees! This can be done via email, newsletter, department intranet or flyers.
5. At the end of the sign-up period, if you established one, contact all participants to share the following:
  - A welcome, congrats or thank you message for participating.
  - Dates the challenge will begin and end.
  - Instructions for the challenge.
  - Details for submitting their challenge calendar and how winner(s) will be rewarded.  
*NOTE: Don't forget to BCC participants if contacting them via email.*
6. Print or attach via email the Happiness Challenge Calendar and distribute it to all participants.
7. Each week send participants a friendly email reminding them to engage in the challenge and have fun with it. Your communication might include additional info related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and participant photos. (Request sample weekly emails from your Wellness Coordinator.)
8. As the two-week challenge comes close to an end, send a reminder for participants to submit their participation to [https://stateofennessee.formstack.com/forms/wfhtn\\_happiness\\_challenge\\_submission](https://stateofennessee.formstack.com/forms/wfhtn_happiness_challenge_submission) and announce the winner(s)!



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