



RECOGNITION CHALLENGE

21 DAYS TO DO GOOD!

The challenge is simple: You have 21 days to perform 21 acts of gratitude. Go down the list in order or pick at random...the only rule is to complete 1 each day!

Go spread happiness around you!

On your mark, get set, recognize!

☐ DAY 1

Take 5 minutes to check on a colleague

☐ DAY 2

Recognize someone using a virtual card

[CLICK HERE](#)

☐ DAY 3

Take a 15 min walk (or longer!)

☐ DAY 4

Send my team an email to wish them a good day

☐ DAY 5

Have a remote lunch with a colleague

☐ DAY 6

Call my manager to check in on him/her

☐ DAY 7

Recognize someone in my surroundings

☐ DAY 8

Send a card via snailmail to an elderly relative or friend

☐ DAY 9

Take 30 minutes to read on a topic that interests me

☐ DAY 10

Send tea or coffee to someone I appreciate

☐ DAY 11

Recognize someone in my company who currently stands out due to his/her resilience

☐ DAY 12

Recognize a colleague who works in the shadows (ex: admin)

☐ DAY 13

Recognize someone whose creativity inspires me

☐ DAY 14

I care for someone I'm close to (i.e. send a message, send food over...)

☐ DAY 15

Today, get up for 10 minutes every hour to move

☐ DAY 16

Put 3 paperclips in front of me and take 1 away each time I thank a colleague during the day

☐ DAY 17

Today, cook myself a restaurant-worthy meal

☐ DAY 18

Use social media (Facebook, LinkedIn, etc.) to recognize someone who made a difference for me professionally

☐ DAY 19

Take a look at the [Altrum Recognition Blog](#) to read an article and share it with a colleague who inspired me

☐ DAY 20

Write to recognition@altrum.com to give my feedback on this exercise, and at the same time, receive my final challenge!

☐ DAY 21



Surprise!
Complete challenge #20 to find out!



- Manager Training & Tools
- Recognition Programs
- Social Recognition & Reward Platform

www.altrum.com/recognition

☐ 1 844 699-5858