



November Monthly Challenge



TRACKING SHEET

Social Connections

Name: _____

Keep track of different activities or new things you try with your co-workers on this calendar. If you try the journal prompts keep track of that as well.

Your goal is to participate in activities based around our weekly topics with your co-workers. You get to decide what activities you do and who you do it with. Write on the calendar what you did. Remember to return your tracking sheet to wellness@weber.edu or MC 3501 by December 6th.

Week One <i>What is the definition of a good relationship to you? What good relationships do you have?</i>					
	Trust	Respect	Mindfulness	Diversity	Communication
Week Two <i>Take time to improve on each of these qualities.</i>					
Week Three <i>How do your implicit bias affect your relationships.</i>					
Week Four <i>Reflect on how you can cultivate good relationships at work.</i>					