

Thank someone and be appreciative toward your colleagues, every single day



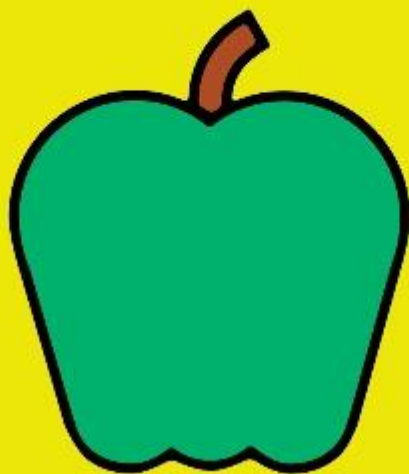
Give something to another person or make it possible for others to offer gifts



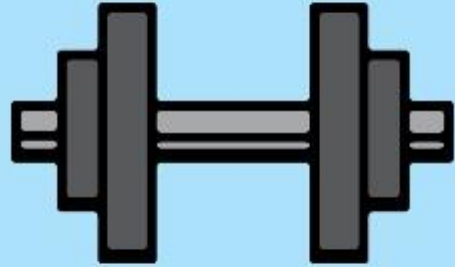


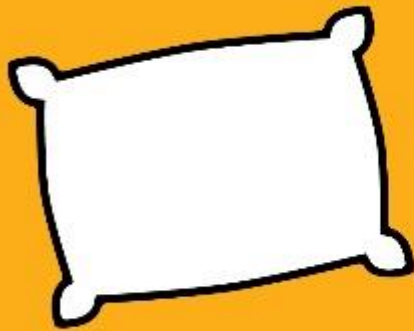
Help someone who is in need of assistance, or enable colleagues to help each other

Eat well, and make good, healthy foods easily available for everyone

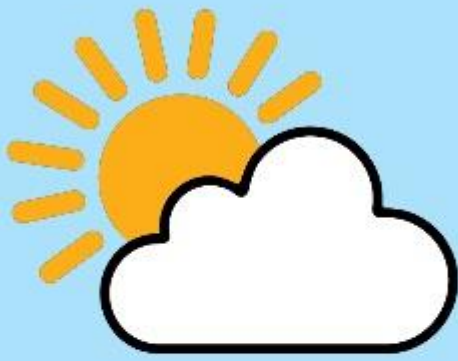


Exercise and work out regularly and make it easy for people to take care of their bodies



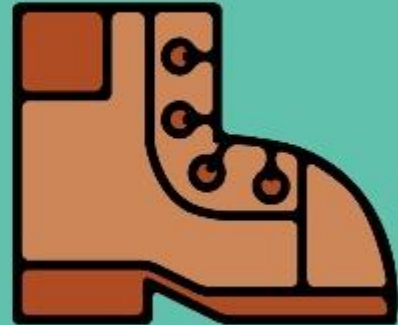


Rest well, sleep sufficiently, and enable colleagues to refresh their minds



Experience new things, try stuff out, and let people run all kinds of experiments

Hike outdoors, enjoy nature, and allow people an escape from the office and the city





Meditate and get people to learn and adopt mindfulness practices

Socialize, relate to other people, and make it easy for colleagues to develop connections





Aim for a goal and get people to understand and realize their own purpose

Smile whenever you can, appreciate humor,
and get colleagues to engage in fun activities

