

Wellbeing Checklist

To complete the pathway, you will need to complete 10 tasks from the list below. Each task may have multiple requirements.

Please note that you should complete at least one task in each element area – Physical, Social/Community, Emotional, Financial and General.

Physical Element:

- Attend five fitness classes – choose from [Healthy Pursuits](#) or your own gym
- Participate in a 5k or 10k race of your choice
- Complete either a triathlon, marathon or half-marathon
- Join the [BeColorado Move](#) program – earn cash for being active. Get active for 30 minutes, 12 days a month for 3 months
- Participate in the Planksgiving Challenge
- Participate in the Bike to Work Day
- Get outdoors and explore all Colorado has to offer (go on a hike, etc.)
- Use your standing desk (if you have one), bring a balance ball, or take a walk once per week outside
- Use the [Mini Gym](#)
- Cook a healthy meal

Social/Community Element:

- Volunteer at an organization of your choice
- Take one of your meetings outside or go for a walking meeting
- Volunteer for a race of your choice
- Attend a CU Athletics and recreation sporting event with a family member, friend or colleague
- Do one random act of kindness

Emotional Element:

- Download the free [Calm](#) app on your smartphone (fee may be involved) – practice a guided meditation or breathing exercise in the privacy of your own space on five separate occasions
- Attend five yoga classes – choose from [Healthy Pursuits](#) or your own gym



Emotional Element, continued:

- Declutter your desk/office – use 5 minutes each week (i.e. noon Monday) to organize, clean and recycle your space
- Visit the [CSEAP](#) website for resources
- Complete the Mindfulness with John Ullmen class on Lynda.com
- Attend the Emotional Intelligence course through the [Controller's CPE program](#)
- Attend the Enhancing your Performance at Work with Mindfulness course through the [Controller's CPE program](#)

Financial Wellness Element:

- Schedule an in-person session for a personal financial consultation with a financial professional through [CU](#).
- Attend any [Healthy, Wealthy and Wise](#) event. CU partners with TIAA, PERA and other organizations to provide seminars on financial topics.
- Complete one of the following Lynda.com classes:
 - Personal Finance Fundamentals with Jane Barratt
 - 5 Tips to Building Your Financial Life with Amanda Clayman
 - Bring a healthy lunch every day for 1 week

General Wellness Element:

- Watch two of the Wellness videos (YouTube):**
 - [The most important lesson from 83,000 brain scans](#) by Daniel Amen
 - [I Love Nutritional Science](#) by Dr. Joel Fuhrman
 - [Mindfulness](#) by Jon Kabat-Zinn
 - [The Happiness Advantage](#) by Shawn Achor
- Read one of the following books:**
 - Wellbeing: The Five Essential Elements by Dr. James Harter
 - The Little Book of Hygge: Danish Secrets to Happy Living by Meik Wiking
 - You are a Badass How to Stop Doubting Your Greatness and Start Living an Awesome Life by Jen Sincero
 - Food Rules by Michael Pollan
 - Boundaries by Dr. Henry Cloud

By signing my name below, I certify that I have completed all tasks to satisfy the requirements of this pathway.

Signature

Date



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EMPLOYEE SERVICES

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