

12 Days OF Gratitude CHALLENGE

Give yourself the gift of gratitude!

Jump-start your gratitude practice with WorkWell NYC



December 9th - 20th



Here's how you can participate:

1

Download the challenge guide at nyc.gov/bewell and follow along each day!

2




Follow [@workwellnyc](https://www.instagram.com/workwellnyc) on Instagram for daily prompts and posts.



3

Share your gratitude on Instagram with the hashtag **#goforgratitude**. Tag [@workwellnyc](https://www.instagram.com/workwellnyc) for a chance to be featured!



 [@workwellnyc](https://www.instagram.com/workwellnyc)
 nyc.gov/workwellnyc
 workwell@olr.nyc.gov


BE WELL
THRIVE NYC


WorkWell
NYC
Bill de Blasio, Mayor
Healthy Workforce. Healthy City.