

# THE HEALTHY ME ⚡ RE-CHARGE ⚡ WITH GRATITUDE CHALLENGE February 7<sup>th</sup> – March 6<sup>th</sup>

HEALTHY ME wants to encourage you to help you build strategies and skills for coping with stress, finding purpose, and work-life balance.

REGISTER ON PASSPORT 4 GOOD (P4G)

1. [Click to Register](#)
  2. Scan QR Code and add your login
- OR**
3. Log into [www.p4g.app/Ellis](http://www.p4g.app/Ellis) and
    - Scroll down to **Your Active Groups**
    - Select **Join More Groups**
    - Click **Join a Group**



## PARTICIPANTS

- Each week, a Gratitude Challenge tip/activity will arrive in your email.
- Complete at least 3 activities each week
- Check-in by Friday of the following week on P4G
- Participants who check-in all 4 weeks will qualify for a random raffle prize– 10 winners in all!
- Share your gratitude each week in our anonymous survey (link will be provided it at the end of your weekly check-in survey). We will post gratitudes on [www.ellishealthyme.org](http://www.ellishealthyme.org).
- Spouses can participate too!

## PRIZES!

- Complete the Gratitude Challenge and qualify for a raffle to win 1 of 10 **10,000mAh Healthy ME wireless charger power banks!**



QUALIFYING  
HEALTHY ME  
ACTIVITY



SOCIAL | MIND | SPIRIT