OCTOBER 30

Renew Your Commitment to Wellness

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Wellness is not a one-time effort, but something we build over time. Small, consistent actions support long-term well-being.



Reflect and Move Forward

Take a moment to think ahead: What is one thing I want to continue doing? What is one thing I want to improve? What supports my well-being the most?

Focus on Small Changes

Wellness doesn't require big changes. Small habits are easier to maintain. Consistency matters more than intensity Simple actions lead to long-term results.

Choose how you will

Renew Your Commitment to Wellness

Build Sustainable Habits

Focus on what works for your routine. Everyone is unique, and your routine should be too. Choose realistic habits. As you continue your wellness journey, it will become a part of your daily life.

Keep It Manageable

Whenever you're thinking about taking on a new goal, start small. Identify your motivation and tap into your 'why'. Remember, you can always adjust when needed. Wellness should feel achievable, not overwhelming.

Learn more at
healthyworkplacemonth.ca

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Daily Resource

One Habit Rule

Choose ONE:
- Drink more water
- Take one proper break
- Stay calm under stress

Keep it realistic and doable

Watch:
How to Get 1% Better Every Day - James Clear

Workplace tips

For Leaders

Encourage realistic wellness goals and support ongoing conversations about wellbeing within the team. The tone that you set on wellness will flow through the rest of the team.

For Team Members

Choose one small habit that fits your routine and focus on maintaining it consistently. Remember that you can always adjust your goals.

"Small daily improvements are the key to long-term success."

- John C. Maxwell

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