October WellCats Champions
Call to Adventure: Sharing Your Story

Phone a Friend

Congratulations! You are progressing through month two of the Hero's Journey. How is implementing your new health or wellness habit going? Have you faced any challenges? What are your successes? It's time to reflect on your journey thus far and share your story with a co-worker! Talking with a friend about your journey will help to keep you on track and help you stay motivated and inspired. Your co-worker may help encourage you to continue to engage in your new health or wellness habit, or maybe you will motivate them to participate in the Hero's Journey if they haven't already.

Starting a Conversation with Your Co-worker:

1. Identify a co-worker who is participating in the Hero’s Journey or is open to making a new health or wellness change.
2. Schedule time with your co-worker to chat over a walk, coffee, or lunch break!
3. Tell your co-worker about your new wellness habit and your journey so far! Tell them about any obstacles you may have encountered or what strategies have been working for you.
4. Ask your co-worker if they are open to sharing their experiences with health and wellness.
5. Invite your friend to join you in participating in your new health habit. Invite them to go on a walk or jog, attend a cooking class, or join you in a WellCats fitness class!
6. Have fun and keep up the good work!