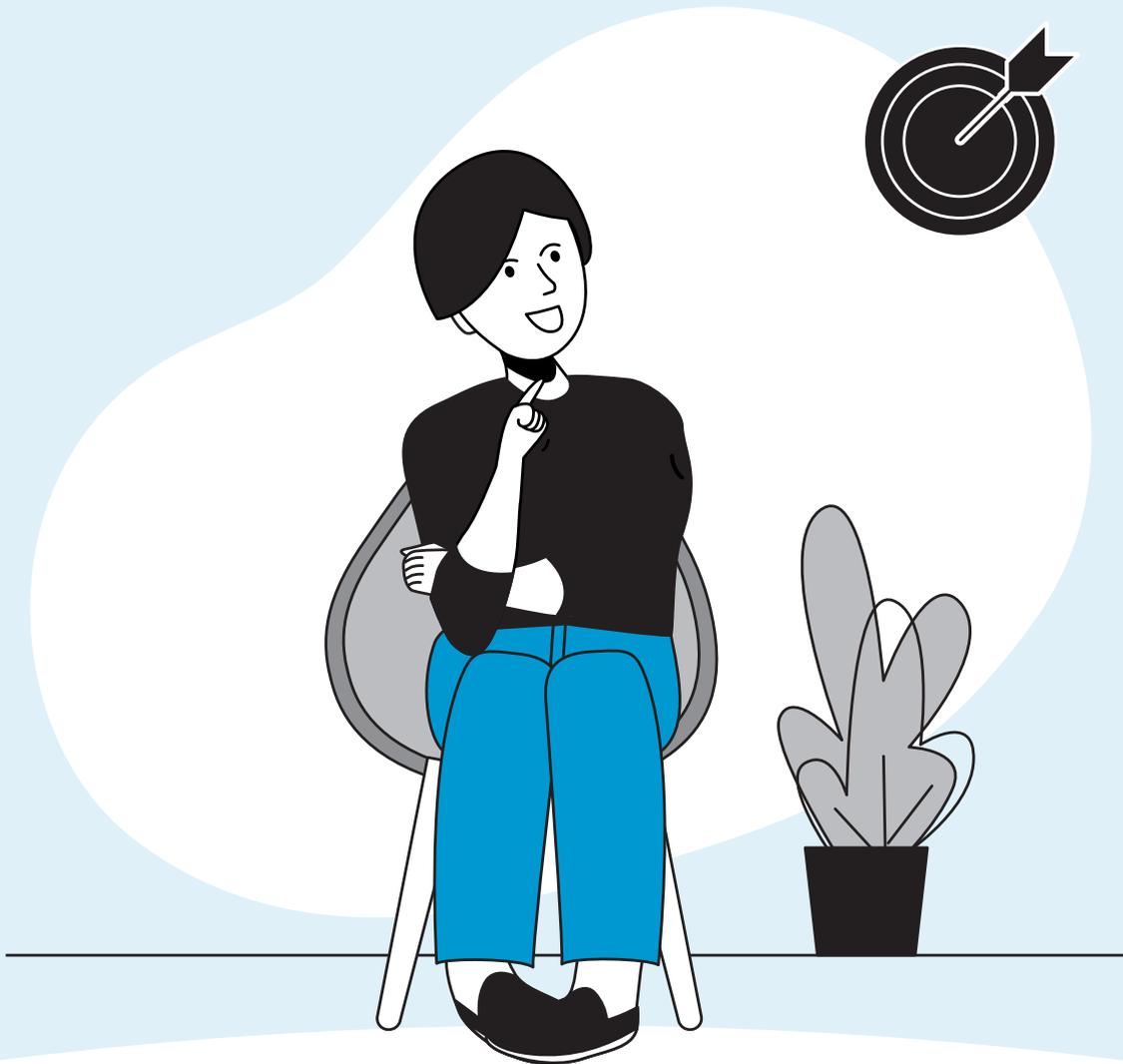




# 33-day challenge



Today is the first day of your 33-day challenge.

The idea is that you take 5 to 10 minutes each day to reflect on your thoughts.

This is a good way to strengthen your resilience.

The challenge will give you tips and tasks that will help you to strengthen your resilience.

This encourages you to build the positive habit of looking after yourself every day.

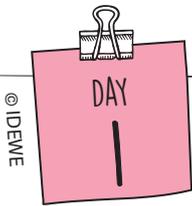
Do the assignments every day and complete the challenge!

If you forgot to complete the challenge on a certain day, simply pick up where you left off.

This challenge has exercises on the following topics:

ENSURE BALANCE AND ENERGY  
BE AWARE OF YOUR TIME AND QUALITIES  
LISTEN TO YOURSELF  
TAKE CARE OF YOUR BODY  
THINK POSITIVE  
MINDFULNESS

On average, it takes about **66 days** to adopt a new habit, which is twice as long as this challenge. If you feel this challenge is helping you, feel free to complete again.

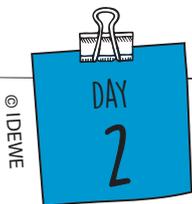


# ENSURE BALANCE AND ENERGY

## TASK

List 10 things that you wholeheartedly say **yes** to. Then write down what these things offer you. This is what you need to fulfil in order to maintain your energy.

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....



# TAKE CARE OF YOUR BODY

## TASK

Do the **following stretching exercises**.

### Triceps stretch

- Stand upright and make sure your back is straight. Position your right arm above your head and bend your elbow, so your hand goes down behind your back as far as possible. You may want to use
- your free hand to push your arm further down.
- Stay in this position to the count of 10.
- Now repeat the movement with your left arm.
- Do this 5 times for each arm.



### Shoulder stretch

- Stretch your right arm across your chest, supporting it with your other arm to make your elbows touch each other.
- Stay in this position to the count of 10.
- Now repeat this for your left arm.
- Do this 5 times for each arm.





# MINDFULNESS

## TASK

Find a nice spot where you can stand and **look** around. (This can be the kitchen, garden, bedroom, etc.) Look at the view without focusing on anything. See the colours, shapes, light, shadows and movements around you.

- Look to the left as far as possible.
- Look to the right as far as possible.
- Look up and look down.



# LISTEN TO YOURSELF

## TASK

**Energy drainers** are things that are stressful and demanding. They require a lot of (mental) energy and reduce your energy levels. What are the energy drainers in your private life and work life? What do these energy drainers tell you?

**Private life**

**Work life**



# ENSURE BALANCE AND ENERGY

## TASK

**Energisers** are things that strengthen and inspire you. They increase your energy and resilience. What are the energisers in your private life and work life? How can you incorporate them into your daily life even more?

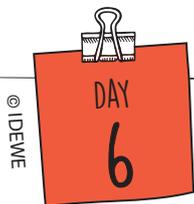
### Private life

### Work life

#### TIP



People who are overworked or chronically stressed will often cancel energisers such as hobbies, sports and other activities because they no longer have the time or energy to engage with them. However, you should try to balance your energisers and energy drainers.



# THINK POSITIVE

## TASK

If you worry a lot, take a moment each day to let your **thoughts** run wild.

Compernelle: "Regularly doing nothing and taking breaks to think, relax and be free from any tasks is very beneficial. What most of us consider "lost time" is actually ideal "storage time" for your brain as it archives information.

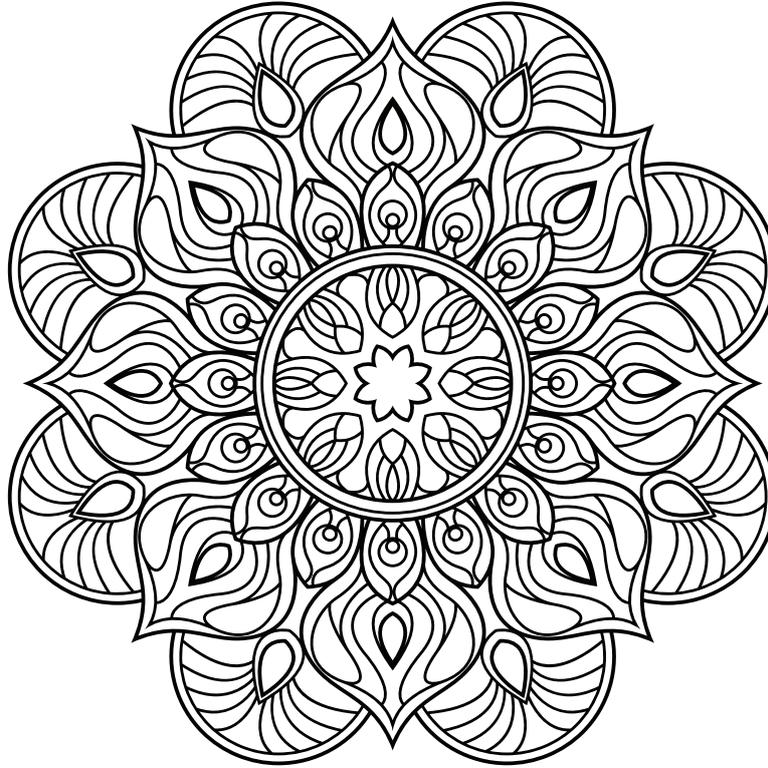
Source: [Theo Compernelle ontmaskert de multitask-mythe](#) By Annegreet van Bergen (consulted on managementboek.nl)



# MINDFULNESS

## TASK

Colour in this **mandala**.

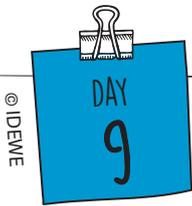


# LISTEN TO YOURSELF

## TASK

Think back to a **nice event** and write it down.

What did you like about it and how did you feel at the time? What does this feeling tell you?



# TAKE CARE OF YOUR BODY

## TASK

Do the **following breathing exercise**.

- Sit on the floor, preferably with your legs crossed and your back straight. If you would prefer to sit on a chair, that is also fine.
- Place your wrists on your knees with your palms open and facing up.
- Inhale through your nose for 4 seconds, then exhale through your nose for 4 seconds. Repeat this 20 times.

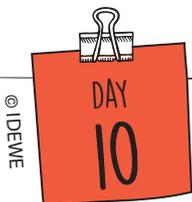
Source: <https://www.yogisan.nl/de-5-beste-ademhalingsoefeningen-voor-ontspanning/>

**TIP** Your breathing is a natural and simple weapon against stress.



Emotions can disrupt your breathing, but by controlling your breathing you can ease your emotions.

If you are having a difficult time, focus on your breathing to calm down.



# THINK POSITIVE

## TASK

Think of a **person** you look up to. This may be a fictitious person or someone you know.

Who is this person?

.....

Why do you look up to this person? Which characteristic do you appreciate in this person?

What does this teach you about yourself? What does this say about what you feel is important?



# LISTEN TO YOURSELF

## TASK

Think back to a time when you felt you had reached your **limit**. What physical and behavioural signs were there? When and why was this? What message did those signs give you?

### TIP



Be aware of all **the stressors** you encounter in life. Do you have **enough energisers** in your spare time?



# TAKE CARE OF YOUR BODY

## TASK

Do the **following breathing exercise**.

- Sit on the floor, preferably with your legs crossed and your back straight. If you would prefer to sit on a chair, that is also fine.
- Place one hand on your chest and the other on your stomach.
- Take a deep breath in through your nose and fill your lungs with air. Make sure you can feel your stomach move your hand.
- Try breathing in for a count of 6 and out for a count of 6. If this isn't right for you, try for a count of 5 or 4.

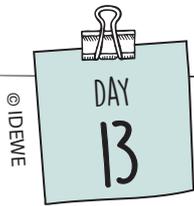
Source: <https://www.yogisan.nl/de-5-beste-ademhalingsoefeningen-voor-ontspanning/>

### TIP



Your breathing is a natural and simple weapon against stress. Emotions can disrupt your breathing, but by controlling your breathing you can ease your emotions.

If you are having a difficult time, focus on your breathing to calm down.



# THINK POSITIVE

## TASK

Complete the following sentences:

I still have to .....

Now replace these sentences with:

I can still .....

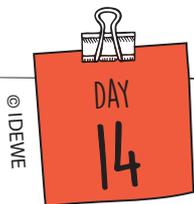
I can still .....

I can still .....

I can still .....

Say the sentences out loud and see whether they feel any different.

Replace each **"have to"** with **"can"**. How does that make you feel?



# MINDFULNESS

## TASK

Read the following **poem** in a slow, loud voice and follow what the poem says with your body.

### Be kind to yourself

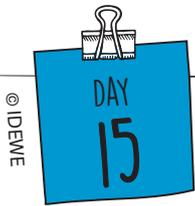
Simply do it. Just a  
moment. Anywhere.

Put your hands on your  
heart. Feel the warmth.

The gentle  
pressure of  
your hands.

Be aware of your breathing.

Say to yourself:  
let me be kind to myself.  
I accept myself.  
Exactly as I am here and now.



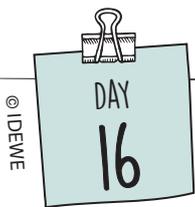
# TAKE CARE OF YOUR BODY

## TASK

Do the **following breathing exercise**.

- Sit on the floor, preferably with your legs crossed and your back straight. If you would prefer to sit on a chair, that is also fine.
- Close your eyes.
- Focus on tightening and relaxing the different muscle groups in your body. Do this for 3 seconds at a time.
- Start with your toes and move up to your feet, your knees and so on. Go up until you reach your neck.
- Meanwhile, try to keep breathing deeply and slowly.

Source: <https://www.yogisan.nl/de-5-beste-ademhalingsoefeningen-voor-ontspanning/>



# PAY ATTENTION TO YOUR TIME AND QUALITIES

## TASK

Below, write down one activity for today that:

- Is pleasurable and enjoyable to you.
- Makes you feel you have achieved something or have experienced something meaningful.
- Allows you to connect with someone else.



**TIP** To stay happy in your own skin, you need an activity that gives you pleasure each day, an activity that makes you feel like you are achieving a goal and an activity that connects you with others.

Also take a look at [geluksdriehoek.be](http://geluksdriehoek.be)



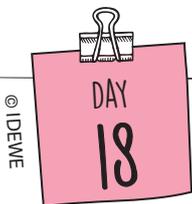
# LISTEN TO YOURSELF

## TASK

Think of a time when you **overreacted** to a colleague or someone close to you. What happened? What did this situation tell you? Which one of your needs was not met?

Why do you think you experienced this?

What could you do to reduce these symptoms?



# ENSURE BALANCE AND ENERGY

## TASK

List **10 things** you would like to experience more in your surroundings. For example: "The sun will shine today." "Thank you for your efforts, even though things are difficult right now."

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

### TIP



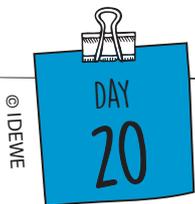
Use these sentences more for yourself and others. Appreciation is contagious and gives you an extra boost.



# THINK POSITIVE

## TASK

Think about an **outfit** that makes you feel good. Why do you feel good in this outfit?  
Do you wear this outfit a lot? Why/why not?

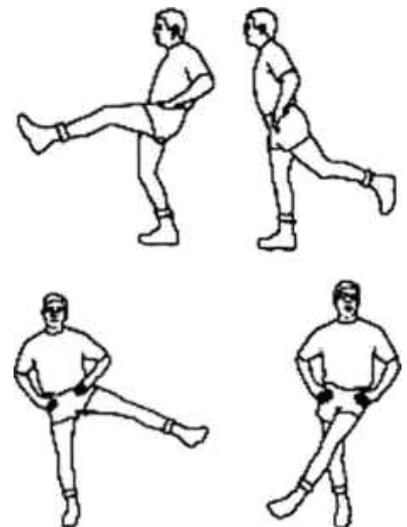


# TAKE CARE OF YOUR BODY

## TASK

Do the **following physical exercise**.

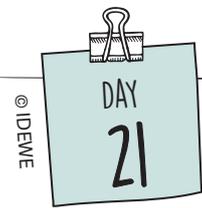
- Stand upright.
- Slowly swing your right leg forward and backward once.  
Then place your right leg next to your left leg again.
- Now slowly swing your right leg to the side and back toward your body.  
Then place your right leg next to your left leg again.
- Slowly swing your right leg across the front and then the back of your left leg.  
Then place your right leg next to your left leg again.
- Now repeat the same movements for your left leg.  
Do this 10 times with both legs.



## TIP



Make sure your toes are pointing forward so you stretch all the different leg muscles even more.



---

# MINDFULNESS

## TASK

Ask yourself **who you are today**. Write down the answer in as much detail as possible. You can write down everything that comes to mind.



---

# PAY ATTENTION TO YOUR TIME AND QUALITIES

## TASK

What is one of your **qualities**?

How can this quality be used even more in your work/private life?



## THINK POSITIVE

### TASK

What **negative event** have you experienced this week?

Why was this a negative experience for you?

What thoughts went through your head?

What positive thought could replace one of these thoughts? Say this thought out loud a few times.

How does it feel?



## PAY ATTENTION TO YOUR TIME AND QUALITIES

### TASK

Close your eyes and visualise the **values** you stand for. What do you think is important in life?

Draw an image of the value you wish to prioritise below.

How can you make this value stand out in your life and work?

# ENSURE BALANCE AND ENERGY

## TASK

Stand in front of the **mirror** and give yourself as many **compliments** as possible.

### TIP



**A compliment or a pat on the back does so much more than just put a smile on your face.**

When you receive a compliment, the reward centre in your brain is triggered. This is the part of your brain that becomes active when you enjoy things like eating something delicious, experiencing an achievement and so on. This happy feeling is caused by the substance dopamine, which makes us feel joy and happiness.

# TAKE CARE OF YOUR BODY

## TASK

Do the following **exercise**.

- Take a chair and stand behind it. Hold on to the back of the chair.
- Spread your legs, keeping your feet flat on the floor and turning your feet slightly outwards.
- Slowly bend your knees (to about 90 degrees at the most). Then return to the starting position again by almost straightening your legs completely.
- Repeat this exercise 10 times.





# MINDFULNESS

## TASK

Which **dream** of yours would you love to experience in real life?

Why do you want this dream to come true?

How could you achieve this?



# THINK POSITIVE

## TASK

Think about a recent situation that **frustrated** you.

What can't you change about this situation?

What can you do yourself to change the situation?

Draw your dream image of the desired situation.

## TIP



Focus on what you can change. Things that get your attention will grow. Accept what you can't change.



# PAY ATTENTION TO YOUR TIME AND QUALITIES

## TASK

Create a **to-do list** for today below.

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

Which minor tasks can you quickly tick off your list? What are key priorities you definitely want to complete? Use a thick marker to tick off each completed task from your list.

### TIP



Setting yourself a daily goal and experiencing the result of your day is satisfying.



# MINDFULNESS

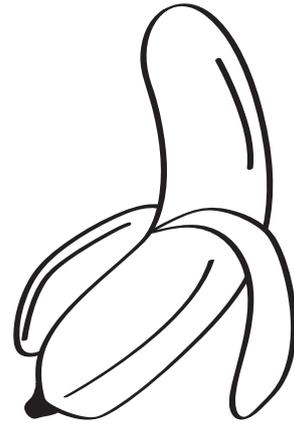
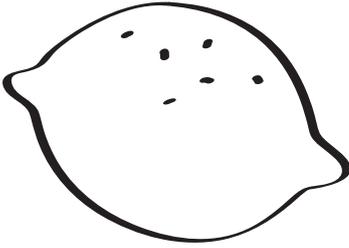
## TASK

Fill this page with **thoughts** and **feelings** you are currently experiencing. Don't judge them. Simply observe them with kindness.

# TAKE CARE OF YOUR BODY

## TASK

Make a **delicious smoothie** today with the fruit you have at home.



# ENSURE BALANCE AND ENERGY

## TASK

Which 5 **successful experiences** did you have in the past week? They can be major things, but also minor successes.

1. ....
2. ....
3. ....
4. ....
5. ....



# MINDFULNESS

## TASK

Go to a place where you can **touch** things. Walk through the space and hold a few objects. Experience different textures and shapes. Become aware of the things around you.

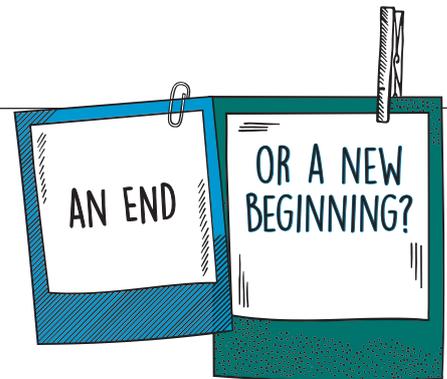
Our fingers, hands, feet and toes are very sensitive to touch. Close your eyes and focus even more on what you are touching.

What do you feel? What do you associate the different objects with?

**CONGRATULATIONS! YOU HAVE COMPLETED THE CHALLENGE.**

On average, it takes about **66 days** to adopt a new habit, which is twice the time you spent on this challenge. If you feel this challenge is helping you, feel free complete it again.

Source: Lally, P., van Jaarsveld, C. H. M., Potts, H. W. W., & Wardle, J. (2009). How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*, 40(6), 998–1009. <https://doi.org/10.1002/ejsp.674>



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14092-2.0-202102-20863