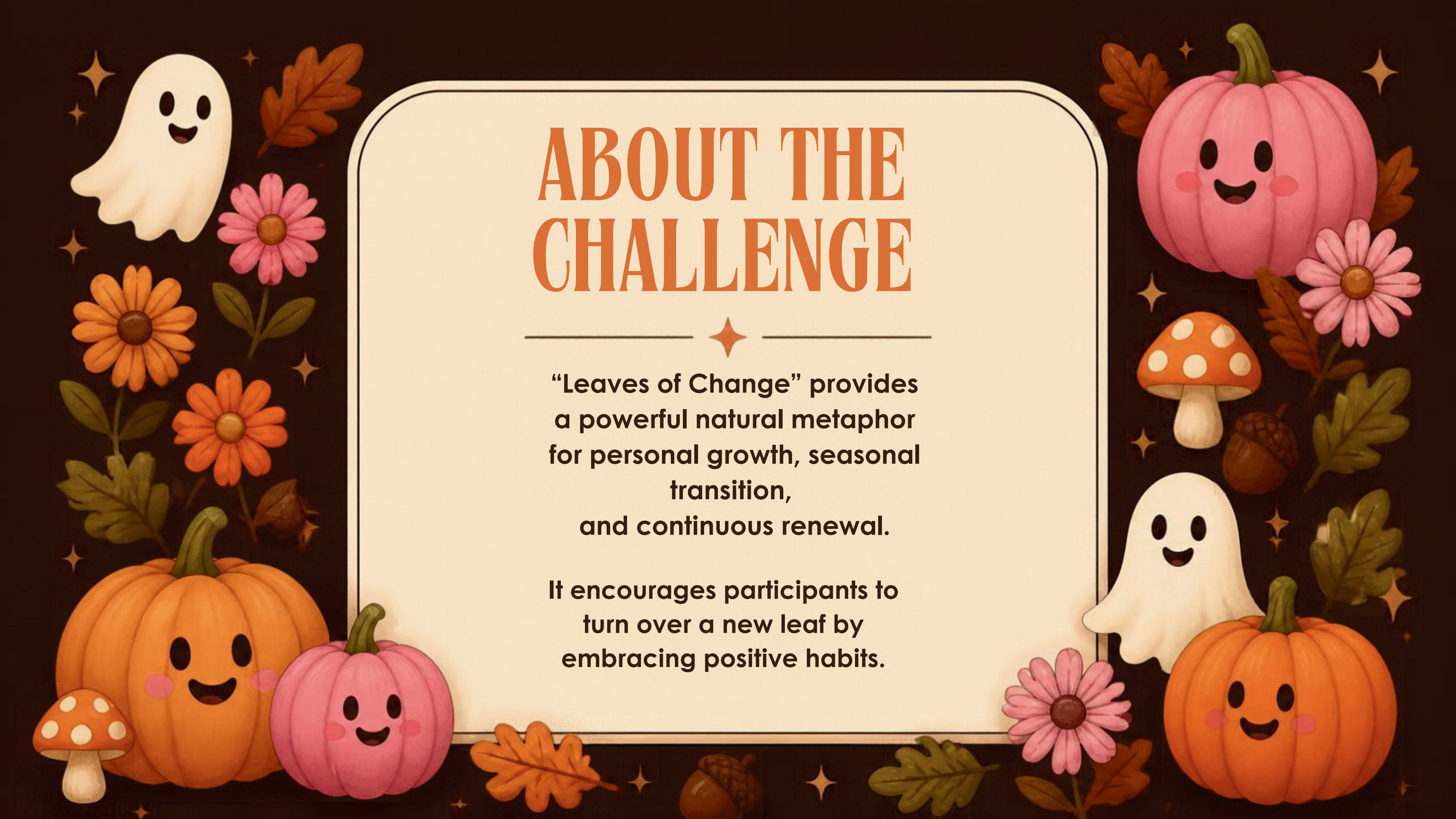


Leaves of Change



The background is a dark brown color. On the left side, there is a white ghost with a smiling face, surrounded by orange and pink flowers and green leaves. At the bottom left, there are two pumpkins: a large orange one and a smaller pink one, both with smiling faces. On the right side, there is a large pink pumpkin with a smiling face, surrounded by orange and pink flowers and green leaves. At the bottom right, there is a large orange pumpkin with a smiling face. In the center, there is a white rectangular box with rounded corners containing text. The text is in a serif font, with the title in a larger, bold font and the body text in a smaller font. The title is "ABOUT THE CHALLENGE" and the body text is "“Leaves of Change” provides a powerful natural metaphor for personal growth, seasonal transition, and continuous renewal. It encourages participants to turn over a new leaf by embracing positive habits." The text is centered within the box. There are small orange stars scattered around the pumpkins and flowers.

ABOUT THE CHALLENGE

“Leaves of Change” provides
a powerful natural metaphor
for personal growth, seasonal
transition,
and continuous renewal.

It encourages participants to
turn over a new leaf by
embracing positive habits.



WHAT WE WILL PRACTICE

PHYSICAL WELLNESS

Physical Wellness
boosts brain power,
increases daily energy,
and builds strong
self-discipline.

NUTRITIONAL WELLNESS

Nutritional Wellness
boosts physical energy,
stabilizes your mood,
and sharpens your
mental focus.

SOCIAL WELLNESS

Social Wellness
helps build healthy
habits because shared
support keeps you
motivated, social pressure
keeps you accountable,
and group learning makes
success easier.

ENVIRONMENTAL WELLNESS

Environmental Wellness
provide social support,
make healthy choices
easier, and reduce
daily stress.

PHYSICAL WELLNESS

Regular movement boosts energy and sharpens focus, helping you take on new goals.

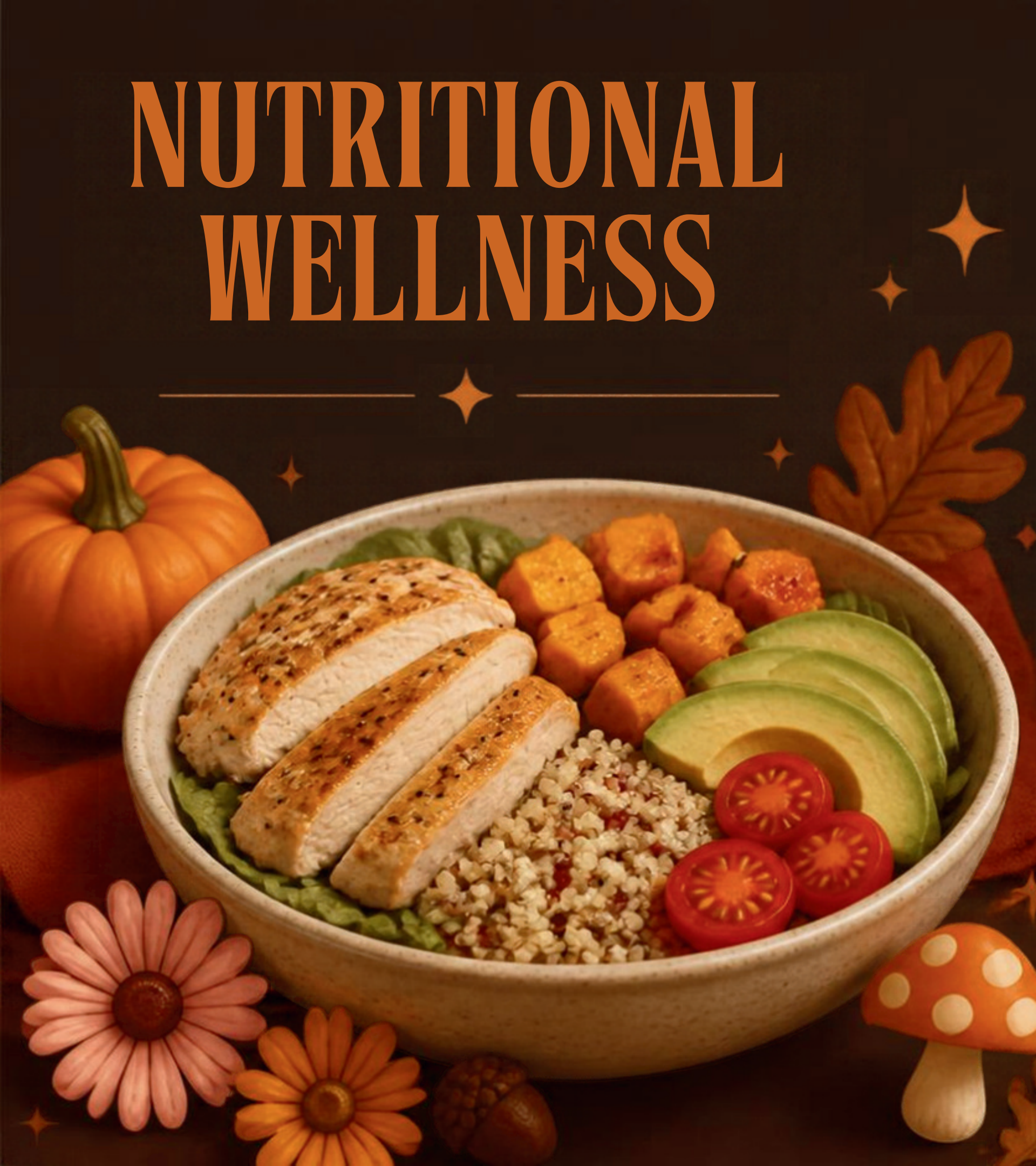
It lowers stress and clears mental clutter, helping you stay calm and in control.

Building a fitness routine creates anchors you can build new habits on.

Small wins build confidence and keep you moving forward.



NUTRITIONAL WELLNESS



MORE ENERGY

Eating whole foods like fruits, vegetables, and lean proteins stops blood sugar crashes, giving you steady energy to try other goals like exercising.

BETTER MOOD

Good nutrition helps your brain regulate emotions, lowers stress, and makes it easier to stay positive when building a new routine.

DAILY PRACTICE

Eating happens multiple times a day, giving you constant, small chances to choose well and build confidence.

SOCIAL WELLNESS

Strong support comes from
people who have your back.

Accountability grows
when we help each other.

Shared moments make
healthy choices more fun.





ENVIRONMENTAL WELLNESS

Environmental projects build stronger connections and a sense of belonging.

Cleaner air, safe water, and green spaces support better physical health.

Time in nature reduces stress, lifts mood, and boosts focus.



Leaves of Change

HOW TO PARTICIPATE IN THE CHALLENGE

Complete 8 challenges during each 2-week session for 8 weeks.

You are able to double up on the same challenges during the 2-week session; just check both boxes.

The Challenge will begin Sunday, 11/1 and will run through Saturday, 12/26.

Submit your completed form by Thursday, 1/7.

PARTICIPANTS

All GCC employees can participate in our Wellness Challenges.

WHY

The metaphor of dropping leaves during a seasonal change gives you permission to let go of burnout, clutter, and outdated habits. It helps frame habit change as a positive opportunity for fresh growth.



The background is a dark brown color with scattered golden stars. It features several cartoon-style pumpkins in orange and pink, some with smiling faces. There are also two white ghosts with black eyes and mouths, several mushrooms (one orange with white spots, one white with orange spots), and various autumn leaves in shades of orange, brown, and green. The central text is enclosed in a white oval with a thin black border.

BE LIKE THE AUTUMN TREE:

LET GO OF THE HEAVY HABITS
THAT NO LONGER SERVE
YOUR WELL-BEING, TRUSTING
THAT YOUR INNER ROOTS
HOLD THE STRENGTH FOR NEW
LEAVES OF WELLNESS TO
GROW.

A festive Halloween-themed illustration. The background is dark brown. On the left, there's a white ghost with a smiling face, surrounded by orange and pink flowers, green leaves, and small gold stars. At the bottom left, there's a large orange pumpkin with a smiling face and a small pink pumpkin next to it. On the right, there's a large pink pumpkin with a smiling face, a white ghost, and another orange pumpkin with a smiling face. The background is decorated with various autumn elements like leaves, flowers, and stars.

JOIN THE CHALLENGE

Sign up to receive weekly encouragement
and tips to help you turn over a new leaf this
season.

Sign up by Friday, October 30
forms.gle/XPDad7JTmti6TuYd6

The challenge runs Sunday, 11/1 through
Saturday, 12/26.