

# 21 DAYS OF W.E.L.L.

A HABIT FORMATION CHALLENGE FOR YOUR WELLBEING



"Do you ever experience a gap between what you know and what you do?"

- J.K.A. Smith

## ABOUT THIS CHALLENGE

You may know what is useful for your wellbeing, but that doesn't mean you do it. The 21 DAYS W.E.L.L. challenge is designed to make you aware of what can positively influence your wellbeing AND challenge you to consistently choose these things until they become habits in your life.

The choices outlined in the wellbeing website are practices that will bolster your spiritual, cognitive, emotional, physical, relational, and/or sense of meaning and purpose. These six areas are foundational for developing a thriving, resilient soul.

Don't confuse wellbeing with feeling healthy or being 'in shape.' Wellbeing is much broader and has to do with holistic human development that leads to a sense of flourishing or thriving - similar to the experience of shalom. The goal is not achieving human perfection. Instead, the goal is cultivating resilience, wholeness and thriving in you and in your relationships so that you have inner reserve to be part of what God is doing in this world.

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Before you begin this challenge, reflect on the pre-challenge questions.

These questions help you discern motivation, barriers and what is necessary to succeed.

Each day during the challenge, make your choice and reflect on how making this choice may be influencing your wellbeing. Watch for patterns, themes, and any correlations between the habit you are trying to form and your wellbeing.

At the end of the 21 DAYS, reflect on the post-challenge questions. They will help you learn from this experience and determine if you want to keep making this choice until it truly becomes a habit in your life.

All recommended choices for this challenge can be found on the 21 DAYS webpage in the wellbeing website. ([wellbeing-at-bethel.com](http://wellbeing-at-bethel.com))

**YOUR NAME:** \_\_\_\_\_ **TEAM NAME:** \_\_\_\_\_



## YOUR TEAM MEMBERS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## INSTRUCTIONS:

1. Create a team of at least 3 people. Teams can be groups of friends, academic departments, offices, sports teams, ministry teams, 3rd floor of Getsch, whatever you want..
2. Each team must register for the challenge at the February 7th W.E.L.L. event in BC Commons. Only one member of the team needs to come to the BC Commons in order to provide team member names and to pick up the correct number of 21 DAYS W.E.L.L. Challenge Packets.
3. Only teams that register on February 7th will be eligible to receive a prize at the end of the challenge.
4. Each team member must have and fill out their own 21 DAYS Challenge Packet.
5. Again, packets will be handed out at the W.E.L.L. event on February 7th - come to the Registration Table to register your team and pick up your packet.
6. Challenge runs from February 7th until February 28th
7. Teams are encouraged to meet for lunch, a short break or a Bethel appropriate 'happy hour' once a week during the 21 DAYS for encouragement and support. Record in your packets when your team meets.
8. Each team who has all members complete their unique 21 DAYS challenge can claim their prize at the open house party on March 1 currently scheduled to be in the Center for Wellbeing. This is not a lone ranger event. You need to get a team, participate as a team and win as a team.
9. Each team member will create their own customized 21 DAYS challenge. This means, not everyone on the team will be making the same choice(s) for their wellbeing for 21 DAYS. The common denominator is that each person on the team is using their agency to do something to invest in their wellbeing.
10. Choices will be available starting Monday, January 21st on the wellbeing website ([wellbeing-at-bethel.com](http://wellbeing-at-bethel.com)). You decide how challenging you want to make this:  
  
Beginner \* = 1 choice for 21 days (\*recommended if you have never done this before)  
Intermediate = 2 choices for 21 days  
Committed = 3 choices for 21 days  
Overboard = 4 choices for 21 days

### Bottom line:

You need to identify the choice(s) you want to make and then make them every day for 21 days. Notice how these choices benefit your wellbeing.

# PRE-CHALLENGE REFLECTION

Useful to get these completed before the 21 DAYS W.E.L.L. Challenge start date.

## WHICH CHOICE?

**Habit formation requires intentional choice.**

Which choice(s) will you be making for this round of 21 DAYS?  
Not sure what to write? Head to [wellbeing-at-bethel.com](http://wellbeing-at-bethel.com) and go to the 21 DAYS information page for guidance.

SPIRITUAL: \_\_\_\_\_

COGNITIVE: \_\_\_\_\_

EMOTIONAL: \_\_\_\_\_

PHYSICAL: \_\_\_\_\_

RELATIONAL: \_\_\_\_\_

MEANING: \_\_\_\_\_

## BARRIERS?

**Habit formation is next to impossible if it encounters significant resistance.**

What are the barriers you foresee facing as you try to consistently make this choice/these choices?

How will you remove the top two barriers you know you will experience?

## SUPPORT?

**Habit formation requires social support.**

Who will be your team during this challenge?

What are three practical ways they can support you during this experience?

- 1.
- 2.
- 3.

How did they respond when you asked them to provide this support for you?

# NOTICE WHAT IS HAPPENING

Write as much or as little as you'd like.

## Each day:

1. Record if you made your choice.

If not, note why you didn't - what were the circumstances that made it challenging to make the choice today?

2. Document if your choice(s) influenced your sense of wellbeing in any way.

Write as little or as much as you'd like to make this challenge worthwhile for you.

3. To be counted as 'complete', you must at least check yes or no and have a few observations on each page.

Did you make your choice(s) today?  YES  NO If not, why not?

## DAY 1

How did making your choice(s) influence you today?

Did you make your choice(s) today?  YES  NO If not, why not?

## DAY 2

How did making your choice(s) influence you today?

Did you make your choice(s) today?  YES  NO If not, why not?

## DAY 3

How did making your choice(s) influence you today?

Did you make your choice(s) today?  YES  NO If not, why not?

## DAY 4

How did making your choice(s) influence you today?

Did you make your choice(s) today?  YES  NO If not, why not?

## DAY 5

How did making your choice(s) influence you today?

The choices you are making are designed to help you invest in your spiritual, cognitive, emotional, physical, relational, or meaning aspects of life. Positive investment in one or more of these areas typically promotes positive ripple effects into other aspects of your life. Don't confuse wellbeing with feeling healthy or being 'in shape.' Wellbeing has to do with holistic flourishing or thriving - similar to the experience of shalom. The goal is not perfection but a sense of useful functioning in you and in your relationships so that you have inner reserve to be part of what God is doing in this world.

# NOTICE WHAT IS HAPPENING

**Each day:**

1. Record if you made your choice.

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Write as little or as much as you'd like to make this challenge worthwhile for you.

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Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 6

How did making your choice(s) influence you today?

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 7

How did making your choice(s) influence you today?

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 8

How did making your choice(s) influence you today?

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 9

How did making your choice(s) influence you today?

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 10

How did making your choice(s) influence you today?

**After this many days,  
are there any themes or patterns  
emerging that you want to make note of?**

**Did your team meet for encouragement and support? If so, check the box here:**

# NOTICE WHAT IS HAPPENING

## Each day:

1. Record if you made your choice.

If not, note why you didn't - what were the circumstances that made it challenging to make the choice today?

2. Document if your choice(s) influenced your sense of wellbeing in any way.

Write as little or as much as you'd like to make this challenge worthwhile for you.

3. To be counted as 'complete', you must at least check yes or no and have a few observations on each page.

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 11

How did making your choice(s) influence you today?

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 12

How did making your choice(s) influence you today?

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 13

How did making your choice(s) influence you today?

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 14

How did making your choice(s) influence you today?

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 15

How did making your choice(s) influence you today?

After this many days,  
are there any themes or patterns  
emerging that you want to make note of?

Also, did your team meet this week for support? If you met, check the box here:

# NOTICE WHAT IS HAPPENING

## Each day:

1. Record if you made your choice.

If not, note why you didn't - what were the circumstances that made it challenging to make the choice today?

2. Document if your choice(s) influenced your sense of wellbeing in any way.

Write as little or as much as you'd like to make this challenge worthwhile for you.

3. To be counted as 'complete', you must at least check yes or no and have a few observations on each page.

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 16

How did making your choice(s) influence you today?

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 17

How did making your choice(s) influence you today?

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 18

How did making your choice(s) influence you today?

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 19

How did making your choice(s) influence you today?

Did you make your choice(s) today? \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** If not, why not?

## DAY 20

How did making your choice(s) influence you today?

After this many days,  
are there any themes or patterns  
emerging that you want to make note of?

Also, did your team meet this week for support? If you met, check the box here:

# DAY 21: POST-CHALLENGE REFLECTION

## DIFFICULT

What was difficult about this 21 DAYS experience?

## USEFUL

What was useful about intentionally engaging habit formation for your wellbeing over the course of 21 days?

## CORRELATIONS

Were there any correlations between the choice you were making and your experience of wellbeing.?

## DO DIFFERENTLY

What (if anything) would you do differently during your next round of 21 DAYS?

Which choice would you want to make in your next round of 21 DAYS? Why this one?

### POST-CHALLENGE PARTY!

For teams whose members hung in there and kept trying for 21 days to form habits that would positively influence their wellbeing. Bring packets to party to prove completion and collect your prize!