

stryker

one team, one plan, one dream
stronger together wellness program

FEBRUARY

INTEGRITY Valuing Each Other

Aligning Our Values +
Strengths with Wellness





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FEB - INTEGRITY

"It's not hard to make decisions when you know what your values are." Roy Disney

Welcome to our month of INTEGRITY - where we are going to dive deeply into valuing each other and aligning our thoughts, habits, choices and actions with our values and strengths to ignite even greater levels of energy, connection and curiosity into you day to day.

1. Firstly, if you were unable to make today's session you can [WATCH HERE](#) .. i'd encourage you to schedule your 30mins time in the next few days so everything below makes even more sense, and 3 x 10mins might make it a little easier. [DOWNLOAD POWERPOINT](#)

2. Next, schedule in 30mins of uninterrupted, turn off all distractions, ME TIME to [DOWNLOAD HERE](#) and go through the attached values activities to create your values hierarchy. You might even like to pop on some relaxing music.

If you are doing this at home and you live with family, partner, flatmates, kids or anyone else this could be a fun "tech free, get to know each other" evening activity to do together. Yes, there might be a little eye rolling, though I assure you having done this activity with teams, couples and families for years knowing each other's values can completely positively change our interactions, conflict resolutions and deepen relationships.

3. CHOOSE your value for the week, get really clear on your aligned thoughts, habits and actions, schedule time if they need this. WRITE this value on a post-it note and place it somewhere you can see it throughout your morning or day as a reminder on your values INTENTION for the day. SHARE this with everyone in your teams so that we can all support each other in our VALUES playtivities this month.

4. Schedule your fortnightly check in or coffee catch up with your Wellness Coaching Buddy and SHARE with each other responses to these coaching questions .. (your first buddy catch up might need to be a little longer as you go through your Wellness Planning and Goals together as well)

- any a-ha's or curiosities your wellness goal setting and values activity has brought to your attention
- what is your no.1 value and what does this means to you and why is it important;
- which value you are choosing to work/live in alignment with and how this has been going
- what's working, not working and where do you need some additional support and/or accountability when it comes to your "Q1 Wellness Goal and Focus"?

5. Email Kyla any questions or sharings you have from this month or the planning - there are no silly curiosities, sharings or questions and if you are having it others probably are as well. Our aim this year is to support you to feel really cared for every step of the way and this includes supporting engagement by listening to you all and answering any questions.

6. Stay playFULL and have fun along the way .. remember wellness when it becomes a WANT TO and feels fun and enJOYable will lead to even greater sustainable success along the way.