



NEW YEAR CHEER 20-DAY CHALLENGE

Instead of adding to your holiday calorie count, this year we've decided to show our gratitude in a healthier way. This 20-Day Challenge is designed to help you start the new year off right with daily challenges, jokes and interesting facts on each page. We encourage you to put it in a popular location within your office and take on each daily challenge with us as we strive to start the new year off right!

Your first challenge:

Flip this page.
(We're starting off easy on you...)

DAY ONE

Make someone smile.

(This may help.)

**What do you call a nosey pepper?
Jalapeño Business!**



DAY TWO

Compliment three coworkers.

(Maybe something like, “Barb, you make the best pie charts” or “Steve, you have the best socks in the office.” Be creative...and appropriate!)



DAY THREE

Write down five things you're thankful for.

(No pressure to include your favorite construction partner.)



DAY FOUR

Share a fun fact with someone at work.

(Of all New Year's resolutions, 36% of people make a plan to exercise more. Twenty-two percent give up after the first week. Persevere!)



DAY FIVE

Share a laugh with two teammates.

(Feel free to use this, the greatest joke of all time...)

**Did you hear the story about the corduroy pillow?
It's making HEADLINES!**



DAY SIX

Clear your mind.

(Go for a ten minute walk and try not to think about your to-do list. Don't forget your coat, it's cold out there.)



DAY SEVEN

Ask a coworker (or two) out to lunch.

(Haven't you been wanting to try that new Italian restaurant anyway?)



DAY EIGHT

Spread some knowledge with a fun fact.

(January has numerous monthly observances. It is National Oatmeal Month, National Soup Month and National Hot Tea Month.)



DAY NINE

Make someone in the office laugh.

(Try this seasonally appropriate joke...)

**What does a tree say after a long winter?
What a re-leaf!**



DAY TEN

Learn a phrase in another language.

("Hwaiting!" (화이팅) translates to 'Fighting!' in Korean: a phrase that can mean "Good Luck," "Go for it" or "Make it happen!")



DAY ELEVEN

Do something you've been putting off.

(Pick up the binder clip that dropped behind your desk three months ago. Throw out the watery mustard that's been sitting in the fridge for a year. Make that dentist appointment you've been putting off. Cross one item off your to-do list!)



DAY TWELVE

Learn something historical.

(In 1755, Empress Dowager Cixi spent China's entire imperial navy budget on a marble pavilion designed to look like a ship sitting on the lake of her summer home. You can find it at the end of the longest corridor in the world; just walk down a 2,388 foot long promenade in China's Summer Palace.)



DAY THIRTEEN

Tell a joke to two coworkers.

(Here's a good one...)

**What did one snowman say to the other?
"Do you smell carrots?"**



DAY FOURTEEN

Subscribe to a new website.

(...Might we suggest www.behindthebuild.com?)



DAY FIFTEEN

Go for a drive over lunch.

(Enjoy the scenery! Bonus points if you blast your favorite song.)



DAY SIXTEEN

Ask a coworker about their favorite hobby.

(Pro Tip: Take note for next Christmas.)



DAY SEVENTEEN

Share another fun fact with a friend.

(Here's one for you: The average snowflake falls at about 3 mph.)



DAY EIGHTEEN

Spread one last joke around the office.

(We couldn't resist.)

How does the man on the moon cut his hair?

'Eclipse it!



DAY NINETEEN

**Tell a coworker something they did well
this month.**

(Barb is still rocking those pie charts, isn't she?)



DAY TWENTY

Recommit to a resolution.

(There are still over 330 days left in the year. You got this!)





THANK YOU

Thank you for participating in the New Year Cheer Challenge. Hopefully, 2019 still feels as fresh and exciting as it did on January 1st. We encourage you to keep the ball rolling as we turn a new page in the calendar...keep learning new things, building relationships and telling bad jokes!

We also encourage you to share your experience with us at www.paulrisk.com/newyearcheer.

Here's to a great 2019!