

DO NOT PRINT



TIP CARDS

Motion Infusion

Welcome to well-being!

These tip cards are designed to make each day a little happier and healthier — for you, your team and even your company. You'll learn how to set the example (DO), talk about well-being (SPEAK), and make it happen (CREATE). Well-being has never been easier!



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TIP CARDS



**Check out the
well-being offerings
at your company.
Try one on for size!**

DO



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**Write down a moment
when you're "in your
groove" and feeling
good about life.**

DO



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**Feeling depleted?
Take five minutes
to reflect on what's
draining your
batteries.**

DO



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**Take a healthy
break, like getting
outside or taking a
moment to say hello
to a co-worker.**

DO



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**Set a personal
well-being goal.
Make it concrete.
Give it a timeline.
Make it happen!**

DO



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**Talk up company
wellness programs.
People are looking
to you to lead
the way!**

SPEAK



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**Share what
“Me at My Best®”
looks like for you
with your team. Ask
them to share theirs.**

SPEAK



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**Write your Jamie
Dimon memo.
Craft it, tweak it,
then send it out!**

SPEAK



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**Got your personal
well-being goal?
Great! Now share
with others for
added support.**

SPEAK



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At the end of the day, encourage team members to check in with family and friends.

SPEAK



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Pick one day a week to lead a walking meeting – or lead a mini-stretch. Then get out there – come rain, shine, or snow!

CREATE



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Got a team meeting coming up? Terrific! Kick it off with the “Name 3 Good Things” exercise.

CREATE



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Bring in a financial expert who can hold an informal “let’s talk about money” session with your team.

CREATE



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Find out every team member's birthday — and their favorite hot drink. Then surprise them on the big day!

CREATE



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TIP CARDS



**Check in weekly
with each team
member, asking two
questions: What are
you working on? And,
how can I help?**

CREATE