

GENEROSITY CHALLENGE

DAY 7: Celebration &
Debrief

Congrats! You made it through the 1-week generosity challenge, hopefully picking up new healthy habits along the way! Now's a great time to retake the quiz and see where you are now and what's ahead through guided celebration and debrief.

Here are some questions in a helpful and simple framework to help you and the people around you do just that!

GENEROSITY
CHALLENGE



DAY 7: Celebration &
Debrief

The W.I.N.

W - What went **WELL**?

I - What do I want to **IMPROVE**?

N - What will I do differently **NEXT** time?

