

Work Day Awareness® (WDA) 10-Day Be Energy™ Challenge

Ten short days to experience how awareness changes performance.

Each day takes 3–5 minutes: notice → reflect → shift.

No scorekeeping. Just observation, small experiments, and momentum.

Day 1 – Notice the Start

Theme: Awareness

Observe your first thought when the day begins. Is it reactive or intentional?

→ Write one sentence that would create a better start tomorrow.

Day 2 – Clarify What Matters

Theme: Direction

Choose one must-move outcome for today.

Ask: *Why does this matter?*

Day 3 – Track Your Energy Dip

Theme: Stamina

Notice the first time your focus fades.

Pause 90 seconds—stand, breathe, stretch. Note what changed.

Day 4 – Shift Your Thinking

Theme: Perspective

When stress shows up, say: *“I can choose my state.”*

Reframe one challenge as an opportunity to learn.

Day 5 – Connect Intentionally

Theme: Collaboration

Send one genuine note of appreciation to a teammate or peer.

Notice the energy shift it creates.

Day 6 – Simplify to Amplify

Theme: Clarity

List three things on your plate. Circle the one that truly drives progress.

Let the rest wait.

Day 7 – Pause and Recover

Theme: Renewal

Block one 15-minute recovery window—no screen, no work.

Protect it like a meeting.

Day 8 – Observe Without Judgment

Theme: Emotional Awareness

Notice a mistake or setback today.

Replace criticism with curiosity: *What's this here to teach me?*

Day 9 – Collaborate Over Compete

Theme: Team Energy

Offer help before it's asked for.

Reflect: how does generosity change the group's mood?

Day 10 – Integrate and Commit

Theme: Continuity

Review your notes from the past 9 days.

What single awareness or habit will you carry forward?

Write it down and share it with someone.

You've just experienced Work Day Awareness® in motion.

Keep practicing the rhythm: *Notice → Align → Shift → Reflect.*

To deepen the experience, explore the **WDA Daily Start Card**, check out the free **Energy Awareness Quiz** or connect with us at **WDAGA.org**. Want to bring WDA into your organization? Reach out at info@coreshift.com to find out how!