



HAPPY LAWYER
HAPPY LIFE

THE POLKA DOT CHALLENGE!

**5 days + 5 challenges designed to
help you create a work world where
wellness and peak performance co-exist!**

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POLKA DOT CHALLENGE # 1

**Bring some of "home"
to work and see what happens...**

The physical space we work in plays a crucial role in our wellbeing.

Today's challenge is designed to get you experimenting with bringing some of the best bits of "home" into work.

Your challenge—

#1 Listen to my Podcast with lawyers Donna Walsh and Sarah Norgate

#2 Walk around your space & brainstorm a few ideas

#3 If you can, make a change right now—

- Move something
- Clear that desk
- Find a photo
- Go grab a jigsaw at lunch to leave somewhere in your office

#4 And the "longer game" challenge is to think about your work spaces and see what you can do over the next month to make some changes and then see what comes...

And remember to post your ideas in the group to go into today's prize draw.



POLKA DOT CHALLENGE #2

Our “personal culture”— the energy we bring to our workplace each day is one of the biggest determiners of workplace culture.

Today’s challenge is designed to remind us that our workplace culture is as much within our sphere of influence as anyone else’s, and it starts with our personal culture.

Your challenge—

#1 Listen to my Podcast with Tristan White

#2 Implement Tristan’s 3P’s—

- **Pause**
- **Push-up**
- **Plank**

#3 And if you are one of the brave ones who are hitting those push-ups or planks, send me those photos as we have a prize for you!!



POLKA DOT CHALLENGE #3

**“Creativity is seeing what everyone else sees,
but thinking what no-one else has thought!”**

Einstein

**Creativity— One of my favourite things but our Podcast guest,
Paul took a new perspective on creativity and connection
for today’s challenge!**

Your challenge—

#1 Listen to my Podcast with Paul Fairweather

#2 Grab your supplies—

- 2 pieces of paper
- 2 sharpies
- A colleague/ friend/
family member!!

**#3 Your challenge is to sit with your partner,
look at each other and without taking the pen
off the paper, draw their face!!**

**#4 Once you are done, swap portraits! They
keep the one you drew, you keep the one they
drew and like true artists, you should sign
your work!!**

**#5 And now take a photo and share your
reflections in the group!!**



CLARISSA AS A PORTRAIT...

Here is an example for you!
This is a portrait of me by
Paul from when we first met.



POLKA DOT CHALLENGE #4

“WE CANNOT OUTPERFORM OUR HUMAN OPERATING SYSTEM”

Today's challenge is all about why daydreaming or tapping into our “Default Mode Network” is a superpower of high performance people (and organisations).

Your challenge—

#1 Listen to my Podcast with Dr Kristy Goodwin

#2 Set a time today to brainstorm your “daydreaming” habits and build a cheat sheet to get some “Default Mode Network” time into each day... For example...

“Twice a day I will leave my desk, walk outside, close my eyes and rest in the shade for 5 minutes.”

Look for those micro moments and make a plan to create space for some professional and purposeful daydreaming!

#3 And, if you are brave (and have the power) why not brainstorm how you could get your team/ business/ family to embrace Dr Kristy's tips for planned times for “Default Mode Network” activities!!

#4 And now, share those ideas in the group!



POLKA DOT CHALLENGE #5

“Through the simple act of conversation, we weave the fabric of relationships, stitching together moments of understanding, empathy and kinship”

Chat GPT!

The research tells us that those curious conversations in the workplace make all the difference when it comes to building high performance teams. And, so today we are going to get our chat on!

Your challenge—

#1 Listen to our final challenge podcast!

#2 Print out our workplace conversation starters on the next page, chop them up and toss them in a hat! (Or box, vase, anything really...)

#3 Now take those conversation starters and get chatting with your colleagues!!

#4 And share the results in the group for your final chance at winning a challenge prize!



Workplace Conversation Starters

What is something that has made you belly laugh recently?

What is the song you sing mostly loudly?

(in the shower, or not!)

Is there a lesson in life that you had to learn the hard way?

What is your go to dance move?

(now bust it out!)

Who would play you in a movie about your life?

Have you ever met anyone famous?

If you could live anywhere in the world, where would it be?

If you joined the circus, what act would you be?

What's the best concert or show you've seen?

Toilet Rolls... Under or over?

What is your favourite cake?

What you have done that you are super proud of?

