Health Yourself

November SPARK Challenge



Dates: November 2- November 29

Goal: Reconnect with creativity, strengthen flexible thinking, approach problems with fresh perspectives, and build restorative practices into everyday life

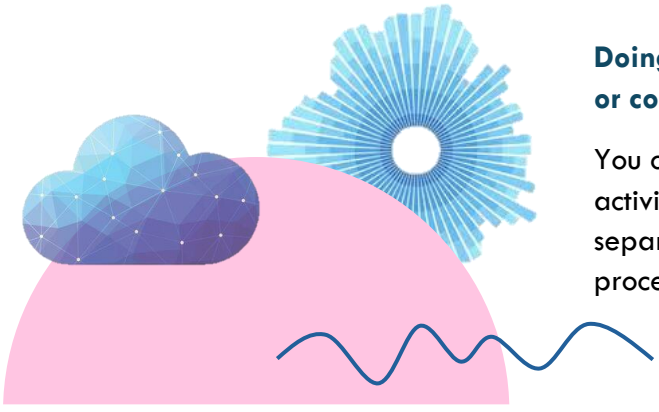
Why are we doing this? Wellness isn't just exercise and nutrition- it's also about cultivating the mental flexibility, curiosity, and energy that help us thrive. Creative recovery exercises like the ones we'll do this month offer you a chance to re-enter a part of yourself that isn't just for cranking out more work and to restore your spirit. Enjoy the ride!

This challenge gives you options!

- You can opt for the small daily experiments, playful activities, self-reflection, and practical restorative habits detailed on the following pages
- **Or** if you are a creative soul, you can work on your own creative activities
- **Or** you can do a combination of both! (max: 20 points)

How it works:

- Follow the daily activities and try to complete them within 1-2 days of their suggested dates. Or spend time doing your own creative activity, ie: creative projects you already have in the making or from the *Creative Idea Bank* attached.
- Check off what you do on the SPARK challenge log and fill it in accordingly- you will turn this in. Make any personal notes you want on the weekly challenge pages for your eyes only.
- Use the upload link from Jess to return your completed log by 12/8 to qualify for points and prizes. For every 6 days of activities you complete, you'll earn 5 points



Doing this with a friend, family member, or coworker?

You can either coordinate to complete the activities together or complete them separately and share about the results and process together.

November SPARK Challenge Log

Name:_____

Week 1 · Creativity

- Pave the Way **Or** ❍ Your own creative activity: _____
- 10-Uses Game **Or** ❍ Your own creative activity: _____
- Make Something Badly **Or** ❍ Your own creative activity: _____
- Follow Your Curiosity **Or** ❍ Your own creative activity: _____
- Creativity Debrief **Or** ❍ Your own creative activity: _____

- **Optional weekend mission**: Visit a place you've never been in November, try a new recipe, or do something playful you haven't done in years.

Week 2 · Flexible Thinking

- Three Ways **Or** ❍ Your own creative activity: _____
- Change the Constraints **Or** ❍ Your own creative activity: _____
- Use What You Have **Or** ❍ Your own creative activity: _____
- Fact, Story, Alternative **Or** ❍ Your own creative activity: _____
- Perspective Swap **Or** ❍ Your own creative activity: _____

- **Optional weekend mission**: Do something with no instructions. Build something, explore somewhere new, or try an unfamiliar activity without looking up the "right" way first.

Week 3 · Restoration

- Recovery Break **Or** ❍ Your own creative activity: _____
- Sensory Reset **Or** ❍ Your own creative activity: _____
- Energy Audit **Or** ❍ Your own creative activity: _____
- Awe Walk **Or** ❍ Your own creative activity: _____
- Close the Loops **Or** ❍ Your own creative activity: _____

- **Optional weekend mission**: Schedule one restorative activity before the weekend fills up. It might be time with friends, a hobby, movement, solitude, or a proper rest.

Week 4 · Problem Solving

- Problem Reframe **Or** ❍ Your own creative activity: _____
- Brainstorm Without Brakes **Or** ❍ Your own creative activity: _____
- Create If-Then Plan **Or** ❍ Your own creative activity: _____
- Celebrate and Share **Or** ❍ Your own creative activity: _____
- Build Your Reset Plan **Or** ❍ Your own creative activity: _____

- **Optional weekend mission**: Put your personal reset plan into action and invite a friend or coworker to join you.

Use the upload link from Jess to return your completed log by 12/8 to qualify for points and prizes.

November SPARK Challenge Creativity Idea Bank



Inspire creativity:

- Attend a local performance
- Do the downtown First Friday gallery walk
- Read a different genre than is your usual go-to
- Listen to new music and pay attention to your response to it
- Go on a hunt for downtown art: Find the Elizbeth Peratrovich mural, the mural on the stairs by Spice, the 2026 local artist installment by Marine View, clay faces by the Pottery Jungle, the Empty Chair Memorial at Capital Park and more!
- Find local creative events- check the KTOO community calendar for what's coming up



Dabble in a creative medium

- Music
- Dance
- Scrapbooking
- Painting (canvas, rocks, etc)
- Fiber arts- knitting, crochet, sewing, etc.
- Cake decorating
- Writing, poetry
- Drawing
- Doodling
- Cooking something elaborate
- Gardening and garden planning
- Woodworking
- Photography
- Building things
- Singing
- Decorating, rearranging furniture
- Improv
- Repairing things
- Creative movement

Brainstorm your own creative outlets here:

November SPARK Challenge

Week 1: Awaken Your Creativity

Goal: Break out of autopilot and make room for curiosity, play, and new ideas.

Monday 11/2: Pave the way for change

Change one small part of your routine. Take a different route home from work, brush your teeth with the other hand, or try a different way of approaching a familiar task.

Notes: _____

Tuesday 11/3: The 10-Uses Game

Choose an ordinary object- a paper clip, mug, or sticky note. Come up with 10 unusual uses for it in five minutes.

Notes: _____

Wednesday 11/4: Make Something Badly

Spend ten minutes drawing, writing a goofy haiku, making a collage, or inventing a new a snack from surprising ingredients. The rule: it does not have to be good.

Notes: _____

Thursday 11/5: Follow Your Curiosity

Spend 10 minutes exploring something simply because it interests you. Read about a surprising topic, listen to unfamiliar music, or learn a new skill.

Notes: _____

Friday 11/6: Creativity Debrief

Reflect on the week's activities. When did you feel most creative? What made it easier or harder? Share one surprising discovery with someone.

Notes: _____

Optional weekend mission: Visit a place you've never been, try a new recipe, or do something playful you haven't done in years.

Weekly reflection: Where in my life do I over-prioritize productivity and could infuse more creativity?

November SPARK Challenge

Week 2: Flex your thinking

Goal: Become more adaptable when facing uncertainty, frustration, and roadblocks.

Monday 11/9 Three Ways

Identify one minor problem you're facing. Generate three to five possible solutions, including one unconventional option. Try one of them out.

Notes: _____

Tuesday 11/10 Change the Constraints

Take a routine task and imagine completing it with half the time, no budget, or one fewer resource. Identify what could be simplified or redesigned.

Notes: _____

Wednesday 11/11 Use What You Have

Make something out of what you already have without buying something new- craft, cook, build, etc. Notice how it feels to problem-solve instead of buy a missing element.

Notes: _____

Thursday 11/ 12 Fact, Story, Alternative

Separate a frustrating situation into observable facts, your interpretation of those facts, and one or two plausible alternative explanations.

Notes: _____

Friday 11/13 Perspective Swap

Think about a current challenge from the perspective of a colleague, friend, new employee, customer, etc.. What might they notice?

Notes: _____

Optional weekend mission: Do something with no instructions. Build something, explore somewhere new, or try an unfamiliar activity without looking up the "right" way first.

Weekly reflection: When else in my life has a perspective shift been beneficial?

November SPARK Challenge

Week 3: Restore Your Energy

Goal: Practice recovery as an essential part of wellness, not a reward you have to earn.

Monday 11/16 The 10-Minute Recovery Break

Take a genuine break between demanding tasks. Step away from work if possible and choose an activity that feels restorative.

Notes: _____

Tuesday 11/17 Sensory Reset

Spend five minutes noticing sensory details: five things you see, four you feel, three you hear, two you smell, and one you taste. Adapt as needed.

Notes: _____

Wednesday 11/18 Energy Audit

Identify one recurring demand that drains you and one experience that replenishes you. Choose a realistic action to reduce the demand or make room for the restorative activity.

Notes: _____

Thursday 11/19 Awe Walk

Walk outside for at least 15 minutes while tapping into your childlike sense of wonder; approach what you see with fresh eyes and notice what you encounter.

Notes: _____

Friday 11/20 Close the Loops

At the end of your workday, record unfinished tasks and their next steps, then wrap up your day. Notice whether you unplug from work during personal time.

Notes: _____

Optional weekend mission: Schedule one restorative activity before the weekend fills up. It might be time with friends, a hobby, movement, solitude, or a proper rest.

Weekly reflection: How do I feel when I take breaks vs. pushing through?

November SPARK Challenge

Week 4: Solve Differently, Thrive Together

Goal: Combine creativity, flexible thinking, and rest in ways that last beyond the challenge.

Monday 11/23 Problem Reframe

Choose a real struggle. Write it as a problem statement, then rewrite it three ways. Ex: 'How do I get everything done?' could become 'What can I simplify, share, or stop doing?'

Notes: _____

Tuesday 11/24 Brainstorm Without Brakes

Set a five-minute timer and generate as many solutions as possible to your challenge. No criticism, no editing, and no rejecting ideas during the brainstorm.

Notes: _____

Wednesday 11/25 Create an If–Then Plan

Write a plan to get unstuck, such as: "**If** I notice myself feeling overwhelmed with a problem, **then I will** pause and generate three alternative approaches before choosing one."

Notes: _____

Thursday 11/26 Celebrate and Share

Share something you learned in this challenge and a practice you want to keep with friends or family. Ask how rest, creativity, and flexible thinking help them.

Notes: _____

Friday 11/27 Build Your Personal Reset Plan

Choose three practices to continue from the challenge: one creative, one for flexible thinking, and one restorative. Decide when and where each will fit into your life.

Notes: _____

Optional weekend mission: Put your personal reset plan into action and invite a friend or colleague to join you.

Weekly reflection: How do I feel after 4 weeks of intentional shifts in flexibility, creativity, and rest?