

# DARE TO DO 2025 WORKBOOK

## BUILD HABITS IN 6 WEEKS



**Exercise**



**Nutrition**



**Connection**



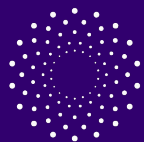
**Financial**



**Creativity**



**Mental Health**



THE WHOLE U  
UNIVERSITY of WASHINGTON



**AT&T**

**B|E|C|U**

# OVERVIEW

## WELCOME

**Welcome to the Dare to Do 2025 program!** This 6-week habit building program begins Monday, January 13 and ends on Sunday, February 23.

This handbook will guide you through the six-weeks. Each week, you will add a new habit, building onto the prior week. **By week six, you'll have 6 new habits!**

**Why habits?** Small, consistent actions lead to larger, sustainable results.

Research shows that when you align daily routines with your values and long-term objectives, you're more likely to stay on track and make lasting change.

## INSTRUCTIONS

### Step 1 – Assess Your Strengths

Begin with a wellness assessment to identify what focus areas you are most interested in improving. These will be your first focus areas when picking habits in the beginning weeks. Save your strongest area for the end of the 6-week program.

### Step 2 – Peruse the Habits

Check out the habits within the six areas of well-being. Think about which habits would most enhance your daily well-being. You'll only pick one from each category. By week 6, you'll have new habits in all of the well-being focus areas.

### Step 3 – Select Your First Area of Focus and New Habit to Begin Week 1

Start week 1 with your first new habit. Each week, select an additional habit from a new focus area. You will build onto the former week, keeping your existing habits from the week before.

Use the tracker to stay consistent and reflect on your progress at the end of the week.

#### Example:

Anna takes the wellness assessment and decides to first focus on creativity and exercise. In week 1, she picks one habit from creativity. In week two, she continues her creativity habit and picks an additional habit from exercise. In week three, she revisits her wellness assessment and decides connection is her next priority. During week three, she continues her habits in creativity and exercise, and adds a new habit in connection.




### Step 5 – Reflect for Lasting Change

Mastering change requires reflection. Celebrate your wins and reflect on your progress. Create a growth statement to lead you beyond Dare to Do 2025.

# WELLNESS ASSESSMENT

## DARE TO DO PROGRAM AREAS OF FOCUS

On this page you can assess your strengths in the well-being areas of focus. Think about which focus areas are most difficult for you and reflect on why. The areas where you have the most room for improvement should be the first habits you incorporate into the program.

Focus Area	Mastery Level	Strengths	Growth Areas
 Exercise	1 2 3 4 5		
 Nutrition	1 2 3 4 5		
 Connection	1 2 3 4 5		
 Financial	1 2 3 4 5		
 Creativity	1 2 3 4 5		
 Mental Health	1 2 3 4 5		

# DARE TO DO HABITS

During the program, you will choose one habit from each focus area.

## EXERCISE

### Daily Walk Outdoors

Take a 15-minute walk outside, focusing on your surroundings and breathing fresh air. Reflect on how being outdoors impacts your mood and energy.

### Stretch Daily

Spend 5 minutes stretching your body. Focus on areas that feel tight (neck, shoulders, back or legs). Reflect on how this improves mobility and reduces tension.

### Break Up Sitting Time

Stand up and move for at least 5 minutes every hour (stretch, march in place or take a quick walk). Notice how breaking up sitting time boosts your energy.

### Take the Stairs

Take the stairs over the elevator any chance you are able. Challenge yourself to hit a stair goal for the week.

**Make your own! Ideas could include a small yoga practice or strength.**

## NUTRITION

### Hydration

Drink a full glass of water first thing in the morning and before each meal. Track your water intake and aim for at least 8 cups daily.

### Add More Vegetables

Include at least one serving of vegetables with every meal or snack. Try a new vegetable or preparation method by the end of the week.

### Mindful Eating

Eat one or more meals or snacks each day without distractions (no phone, TV or multitasking). Focus on chewing slowly and savoring each bite to know when you feel full.

### Nutritious Snack Swap

Replace one processed or less-nutritious snack with a healthier option, such as fruit, nuts or yogurt. Reflect on how the new snack makes you feel.

**Make your own! Ideas could include meal prep, add protein or reduce sugar.**

# DARE TO DO HABITS

During the program, you will choose one habit from each focus area.

## FINANCIAL

### Set a Daily Spending Limit

Set a specific amount of discretionary spending each day. Transfer the "leftover" money into savings at the end of the day.

### Daily Money Check-In

Spend 10 minutes reviewing your bank account, credit card balances and pending transactions. Know your finances inside and out.

### Plan Tomorrow's Spending

Write down a brief spending plan for the next day (groceries, coffee, or transportation). Review at the end of each day and reflect on whether you stayed within your planned spending.

### No-Spend Challenge

Choose one specific category to "spend zero" each day (no eating out, buying snacks or online shopping). Reward yourself with something free at the end of each day, like a relaxing walk or a favorite hobby.

**Makes your own! Ideas could include save daily or review bills.**

## SOCIAL CONNECTION

### Express Gratitude

Send a quick message to someone you appreciate, thanking them for something specific they've done. Reflect on how expressing gratitude makes you feel.

### Spend Time Together

Spend at least 10 minutes in face-to-face or video call conversation with someone. Consider engaging in an activity like a coffee chat or walk.

### Compliment Someone

Give a meaningful compliment to someone. Reflect on how the interaction impacts both your mood and theirs.

### Practice Active Listening

During one conversation, focus on fully listening without interrupting or thinking about your response.

**Make your own! How do you connect meaningfully?**

# DARE TO DO HABITS

During the program, you will choose one habit from each focus area.

## CREATIVITY AND ORGANIZATION

### **Learn or Read Something New**

Spend 5-10 minutes learning or reading something new. Write down one key in sight or idea to explore further.

### **Creative Journaling**

Set aside 5 minutes to journal—this could be free-writing, doodling or brainstorming ideas. Let your thoughts flow and see where creativity takes you.

### **Declutter a Small Space**

Spend 5-10 minutes sorting one small area, like a drawer, shelf or desktop. Create "keep," "donate," and "discard" piles and reflect on how the space feels.

### **Create a Daily To-Do List**

Write down the top 3-5 tasks you want to accomplish for the day. Prioritize by importance and cross off completed tasks for a sense of accomplishment.

### **Clear Your Inbox**

Dedicate time to sort through your email inbox. Delete, respond to or archive. Aim for "inbox zero" by the end of the week or develop a system for staying on top of emails.

**Make your own! Ideas could include try a new hobby or plan the next days clothes.**

## MENTAL HEALTH

### **Practice Gratitude or Affirmations**

Write down three things you're grateful for or an affirmation for the day. Reflect on how your mindset shifts.

### **Breathe and Reset**

Take 3-5 deep breaths (inhale for 4 counts, hold for 4 counts, exhale for 4 counts). Notice how this simple act helps you feel calmer and more focused.

### **Limit Screen Time**

Set a boundary for your screen usage. Replace screens with a calming activity like reading, meditating or stretching.

### **Prioritize Sleep Hygiene**

Commit to one habit that supports better sleep each night (dimming lights an hour before bed, avoiding caffeine after noon, keeping a set bedtime).

**Make your own! Consider a self-compassion practice or journaling.**

# EXAMPLE

## 1 NEW HABIT

### HABIT OF THE WEEK

**1 - NEW** (Remember to pick this habit from a well-being area you want the most growth in. Your goal is to do this first habit every single day for the following 6 weeks.) *Hydration*

- Drink a full glass of water each morning and before each meal.
- Consume at least 80 oz water each day, 2 Hydroflasks

### TRACKING

**Monday**

60 oz

**Tuesday**

80 oz

**Wednesday**

100 oz

**Thursday**

53 oz

**Friday**

70 oz

**Saturday**

90 oz

**Sunday**

100 oz

### INTENTION

Consider: Why did you pick this habit, why do you care about this area of your health and well-being, etc. Set your intention for the week ahead!

I want to do this because lately I've been very dehydrated. I can tell it doesn't feel good and causes my headaches.

### TOOLS & PRACTICES

Consider: What tools / practices will help you to be successful.

- Schedule calendar reminders
- 40 oz water bottle on me at all times
- sticky note reminder in kitchen

### REFLECTION

Consider: How did the week go? How did it feel? What did you notice.

Wow this was harder than I expected! But I do feel like I made good strides and was more successful this week than usual. Scheduled calendar reminders were so helpful and the notes in the kitchen too.

# WEEK 1

## 1 NEW HABIT

### HABIT OF THE WEEK

**1 - NEW** (Remember to pick this habit from a well-being area you want the most growth in. Your goal is to do this first habit every single day for the following 6 weeks.)

#### TRACKING

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

#### INTENTION

Consider: Why did you pick this habit, why do you care about this area of your health and well-being, etc. Set your intention for the week ahead!

#### TOOLS & PRACTICES

Consider: What tools / practices will help you to be successful.

#### REFLECTION

Consider: How did the week go? How did it feel? What did you notice.



# WEEK 2

## 1 RECURRING + 1 NEW HABIT

### HABITS OF THE WEEK

1 - REPEAT WEEK 1

2 - NEW (Remember to pick this habit from a well-being area you want more growth in.)

### INTENTIONS

### TOOLS & PRACTICES

### REFLECTION

Monday

Monday

Tuesday

Tuesday

Wednesday

Wednesday

Thursday

Thursday

Friday

Friday

Saturday

Saturday

Sunday

Sunday

# WEEK 3

## 2 RECURRING + 1 NEW HABIT

### HABITS OF THE WEEK

1 - REPEAT

2 - REPEAT

3 - NEW

### INTENTIONS

### TOOLS & PRACTICES

### REFLECTION

Monday

Monday

Monday

Tuesday

Tuesday

Tuesday

Wednesday

Wednesday

Wednesday

Thursday

Thursday

Thursday

Friday

Friday

Friday

Saturday

Saturday

Saturday

Sunday

Sunday

Sunday

# WEEK 4

## 3 RECURRING + 1 NEW HABIT

### HABITS OF THE WEEK

1 - REPEAT

2 - REPEAT

3 - REPEAT

4 - NEW

### INTENTIONS

### TOOLS & PRACTICES

Monday

Monday

Monday

Monday

Tuesday

Tuesday

Tuesday

Tuesday

Wednesday

Wednesday

Wednesday

Wednesday

Thursday

Thursday

Thursday

Thursday

Friday

Friday

Friday

Friday

Saturday

Saturday

Saturday

Saturday

Sunday

Sunday

Sunday

Sunday

### REFLECTION

# WEEK 5

## 4 RECURRING + 1 NEW HABIT

### HABITS OF THE WEEK

1 - REPEAT

2 - REPEAT

3 - REPEAT

4 - REPEAT

5 - NEW

### INTENTIONS

### TOOLS & PRACTICES

Monday

Monday

Monday

Monday

Monday

Tuesday

Tuesday

Tuesday

Tuesday

Tuesday

Wednesday

Wednesday

Wednesday

Wednesday

Wednesday

Thursday

Thursday

Thursday

Thursday

Thursday

Friday

Friday

Friday

Friday

Friday

Saturday

Saturday

Saturday

Saturday

Saturday

Sunday

Sunday

Sunday

Sunday

Sunday

### REFLECTION

# WEEK 6

## 5 RECURRING + 1 NEW HABIT

### HABITS OF THE WEEK

1 - REPEAT

2 - REPEAT

3 - REPEAT

4 - REPEAT

5 - REPEAT

6 - NEW

### INTENTIONS

### TOOLS & PRACTICES

Monday

Monday

Monday

Monday

Monday

Monday

Tuesday

Tuesday

Tuesday

Tuesday

Tuesday

Tuesday

Wednesday

Wednesday

Wednesday

Wednesday

Wednesday

Wednesday

Thursday

Thursday

Thursday

Thursday

Thursday

Thursday

Friday

Friday

Friday

Friday

Friday

Friday

Saturday

Saturday

Saturday

Saturday

Saturday

Saturday

Sunday

Sunday

Sunday

Sunday

Sunday

Sunday

### REFLECTION