



LOOK ON THE BRIGHTSIDE



30 Points

The purpose of the Look on the Bright Side Challenge is to encourage you to look at life through a positive lens. A positive attitude can help you overcome difficult times more effectively, and can decrease your overall stress level. Resulting in a happier and healthier life. Throughout this challenge, you'll be asked to focus on maintaining a positive outlook.

ASK YOURSELF?

Points awarded for answering "YES" to daily questions.

- Did you practice gratitude today?
- Did you laugh today?
- Have you tried to use positive words today?

REGISTER

MARCH 24 - MARCH 31

CHALLENGE

APRIL 1 - APRIL 30

Questions? Contact Gilsbar's Customer Contact Center at 1-888-472-4352 or at CustomerService@Gilsbar.com.

More info in the Wellness Center > Wellness Challenge Tile