

# 44 SIMPLE DAILY ACTIVITIES TO ENJOY YOUR WORK

What if every workday was a rewarding experience?  
Here are some activities that you can do every day that will benefit you, your company and even the planet.

The infographic is a vertical scrollable list of 44 activities, each with an icon and a point value. The activities are grouped into five categories: Wellbeing, Productivity, Social, Environment, and Generosity. The background features a superhero flying over a city skyline.

- Think positive** +5 Wellbeing points
- Give feedback to manager** +10 Productivity points
- Use water over cola** +50 Wellbeing points
- Solve a situation** +20 Productivity points
- Water office plant** +35 Environment points
- Refer a new candidate** +100 Productivity points
- Praise colleague** +45 Social points
- Suggest an improvement** +10 Productivity points
- Eat fruits/veggies** +5 Wellbeing points
- Bring meal from home** +15 Environment points
- Clean up kitchen area** +100 Environment points
- Learn more about a colleague** +35 Social points
- Eat healthy breakfast** +15 Wellbeing points
- Get away from desk** +15 Social points
- Lunch with colleague** +15 Social points
- Sit on an exercise ball** +15 Wellbeing points
- Yoga** +50 Wellbeing points
- Drink 2L of water a day** +15 Wellbeing points
- Go for a jog** +40 Wellbeing points
- Use a reusable bottle** +25 Environment points
- Workout** +55 Wellbeing points
- Adjust sitting posture** +20 Wellbeing points
- Focus with sound** +15 Productivity points
- Complete a pomodoro** +10 Productivity points
- Mentor a new employee** +100 Generosity points
- Feedback to colleague** +15 Productivity points
- Set goals for the week** +10 Productivity points
- Have a to-do list** +15 Productivity points
- Reshare a company post** +20 Social points
- Use a reusable mug** +15 Environment points
- Do pro bono work** +100 Generosity points
- Use a stand up desk** +15 Wellbeing points
- Make coffee for others** +15 Generosity points
- Stretch your arms** +10 Wellbeing points
- Bin-sket ball** +15 Environment points
- Colleague's Birthday** +15 Social points
- Compliment someone** +25 Generosity points
- Say good morning** +30 Generosity points
- Take the stairs** +10 Wellbeing points
- Smile at colleague** +15 Social points
- Company apparel** +20 Social points
- Walk to the office** +40 Environment points
- Hold door for someone** +10 Generosity points
- Use reusable bag** +40 Environment points

**THE FOUNDATION OF A MOTIVATING WORKPLACE**

As you can see, there are many simple ways to make your workdays more interesting and rewarding. Remember that boosting the overall engagement of any office relies on 5 aspects:

- Wellness
- Productivity
- Social
- Environment
- Generosity

Enterprise gamification platforms like Officevibe focus on daily team building activities that make your office motivated and engaged.

Improve your workplace now. Learn more at [www.officevibe.com](http://www.officevibe.com).