🚀 Competence Builder 2 – My Healthy Week Challenge
7 Days to Better Work-Life Balance

CHALLENGE SETUP & OVERVIEW



Develop One Realistic Habit in 7 Days

Select and practice one achievable habit over seven consecutive days to improve overall work-life balance.



5–10 Minutes Daily Time Investment

Daily evening tracking takes just 5–10 minutes, accumulating to approximately 35–40 minutes across the full 7-day challenge.



Essential Challenge Materials

Participants require two core tools: a Reflection Journal and the reusable Seven-Day Habit Tracker template.

STEP 1 – SELECT YOUR HABIT



Work & Digital Boundaries

Choose options like finishing work at your planned time or avoiding work-related messages during one hour each evening.



Rest & Physical Recovery

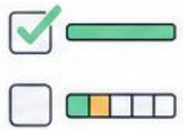
Focus on taking a proper lunch break, going for a daily walk, or getting at least 7 to 8 hours of sleep per night.



Social & Personal Time

Dedicate time to spending uninterrupted hours with family or friends, or setting aside dedicated time for a personal hobby.

STEP 2 – CONDUCT DAILY EVENING CHECK-INS



Track Completion & Difficulty

Record whether you completed today's chosen habit and rate how difficult it was on a scale from 1 (Very Easy) to 5 (Very Difficult).



Evaluate Impact & Sustainability

Note how the habit affected your personal wellbeing and determine if you would like to continue practicing it next week.

Daily Tracking Framework

	Daily Tracking Metric	Evaluation Method
M	Habit Completion (Yes / No)	Fait colmer, less stressed
T	Difficulty Rating (Scale 1-5)	3
W	Wellbeing Impact (Brief initiative reflection)	More-energy, focused
F	Next-Week Continuation (Yes / No)	×

STEP 3 – END-OF-WEEK REFLECTION



Identify Your Most Impactful Habit

At the end of the week, review your tracker to evaluate which habit made the greatest positive difference to your work-life balance.

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