Say Hello to 10 People within the first 2 hours of your day!

Deliver an uplifting note or quote to someone’s desk or car.

Keep your cell phone in your pocket while walking through hallways… For an Entire Day!
After completing all of the challenges, answer these reflection questions:

1. Which challenge did you enjoy the most and why?
2. Through these challenges, what did you learn? What was surprising?
3. Which of these challenges would you consider doing on a regular basis?

Send your answers above to cicare@stanfordhealthcare.org by Friday, May 6th for the chance to win the C-I-CARE Patient Experience Week Raffle!