



12 WACKY Adventures **for Epic Professional Growth**

The Ultimate 12-Week Work Challenge

SNEHA MANDALA

A woman with long dark hair, wearing a white lace-trimmed top and blue jeans, stands smiling in front of a colorful mural. The mural features stylized green plants with blue flowers and a brown rabbit. The word "WELCOME!" is written in large, white, bold, sans-serif capital letters across the center of the image. In the bottom right corner of the mural, there is a small black box with white text that reads "@EMILY REID ARTIST".

WELCOME!

I've never met a successful person who hasn't faced hardship.

However, it's not the hardship itself but your response to it that defines your journey. Will you build your character or become a quitter?

To prepare your mind for challenges at work and grow from them, it's essential to proactively engage in a few. And challenges don't have to suck; they can be fun too! That's why I've curated 12 wacky adventures for you to embark on at work.

These small gains from introducing fun little challenges can compound and lead to significant improvements in performance, productivity, and overall well-being. Enjoy your 12-week journey!

Questions? Email Sneha@SnehaMandala.com

**Cheers,
Sneha**

12-WK GROWTH CHALLENGE

week 01	Play the devil's advocate in one of your meetings to push diversity of thought.	which day(s) did you embrace the challenge?	M	T	W	T	F
	Notes:						
week 02	Spend at least 4 hours shadowing a colleague you admire from another department.	which day(s) did you embrace the challenge?	M	T	W	T	F
	Notes:						
week 03	Organize a quick no-limits brainstorming activity for improving team processes.	which day(s) did you embrace the challenge?	M	T	W	T	F
	Notes:						
week 04	Dress in a wildly different style. Convince your team why it's the best attire for success.	which day(s) did you embrace the challenge?	M	T	W	T	F
	Notes:						
week 05	Write a funny thank-you message to a colleague in group chat or group email.	which day(s) did you embrace the challenge?	M	T	W	T	F
	Notes:						
week 06	Ask for 'shocking' feedback from a colleague who has never given you any feedback.	which day(s) did you embrace the challenge?	M	T	W	T	F
	Notes:						
week 07	Write an email to teach your team how a non-work skill can boost work performance.	which day(s) did you embrace the challenge?	M	T	W	T	F
	Notes:						
week 08	Present a new solution to an old unresolved problem to your team without warning.	which day(s) did you embrace the challenge?	M	T	W	T	F
	Notes:						
week 09	Add an eye catchy tagline under your signature to showcase your 'brand' at work.	which day(s) did you embrace the challenge?	M	T	W	T	F
	Notes:						
week 10	Reveal your quirkiest work style/preference openly to your manager.	which day(s) did you embrace the challenge?	M	T	W	T	F
	Notes:						
week 11	Visually sketch your grand vision for the team and share it with your manager.	which day(s) did you embrace the challenge?	M	T	W	T	F
	Notes:						
week 12	Share your biggest flex from the last 11 challenges with your skip-level manager.	which day(s) did you embrace the challenge?	M	T	W	T	F
	Notes:						



Thank you!

Found this guide helpful?

✓ Share with others!

Need additional support?

✓ Ask your questions!

✉ Sneha@SnehaMandala.com

Sneha Mandala is a seasoned global keynote speaker and advocate for sustainable peak performance. Formerly immersed in the corporate world, she experienced burnout firsthand. In 2018, she transitioned away from her high-paying role, seeking a balanced approach to success.

Since then, Sneha has:

- Delivered a powerful [TED talk](#).
- Earned credentials as a Professional Coach.
- Become a sought-after speaker for Vistage.
- Featured on prestigious platforms like [MSN](#) and [NY Post](#).
- Received accolades like the International Achiever Award at the House of Commons (UK).

Join Sneha on her socials and [newsletter](#) for tips and tools on how to maximize results while minimizing burnout. In her words, "Ditch the hustle. Join the Effortless Work revolution."

