When you kick-start a 30-day squat challenge at work and 16 days into it your co-workers are still participating. And they still talk to you! ? Okay, so the legs are feeling the burn, but the blood is flowing and morale is good. So, well worth it.

Surely, life has its ups and downs. In my office, these days, we can call them squats. So thankful to work with this great bunch of people.

Next up, 30-day arms challenge!

What are you thankful for today?

“Alone we can do so little; together we can do so much.”
–Helen Keller

“We need to remember what’s important in life: friends, waffles, work. Or waffles, friends, work. Doesn’t matter, but work is third.”
-L. Knope

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