

# Momondo: 5 Ways to Open Our World.

## Staff Well-being Challenge.

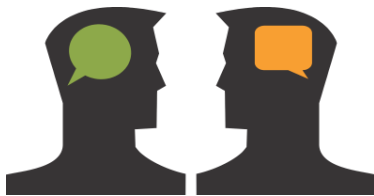
Try to do one of these each week to help to open your world.

### Lower Your Guard.



Open your mind and put a leash on your judgement recognise and accept people's differences

### Do Talk to Strangers.



A stranger is a friend you haven't met yet. An inspirational conversation can be just around the corner.

### Say Yes.



Yes is the magic word to new experiences. Start saying 'yes' today and see how much a little word can make a difference

### Stay Curious.



Have the courage to do something for the first time, fight the urge to rely on routine. Do the opposite of the obvious.

### Care To Share



Attitudes are contagious, share thoughts, ideas or resources and inspire others to do the same.