



GO VIRAL AT WORK IN 7 DAYS:

The Ultimate Challenge



ABOUT THE AUTHOR

Hi I'm Delia Fox 🦊 and I help professionals succeed through their reputation, to gain more recognition, authority, and value in their roles.

I've been in your shoes - struggling to prove my value at work.

By applying the exact exercises I now teach, I transformed my reputation and earned a promotion in under a month.

My clients have done the same, seeing quick, tangible results by following these proven strategies.

- Gained recognition
- Quick career Advancement
- Achieved real, proven results.

LET'S START HERE!

Welcome to the "Go Viral at Work in 7 Days" challenge!

This step-by-step guide will walk you through a one-week journey to make sure your reputation at work gets noticed - and respected.



WHAT YOU'LL NEED:

- A phone with wallpaper customisation options
- The 7-day challenge images (which you can download below)
- Canva (for easy access to your personalised challenge document - provided link)

HOW TO GET STARTED:

USE LINK PROVIDED FOR CANVA TEMPLATE

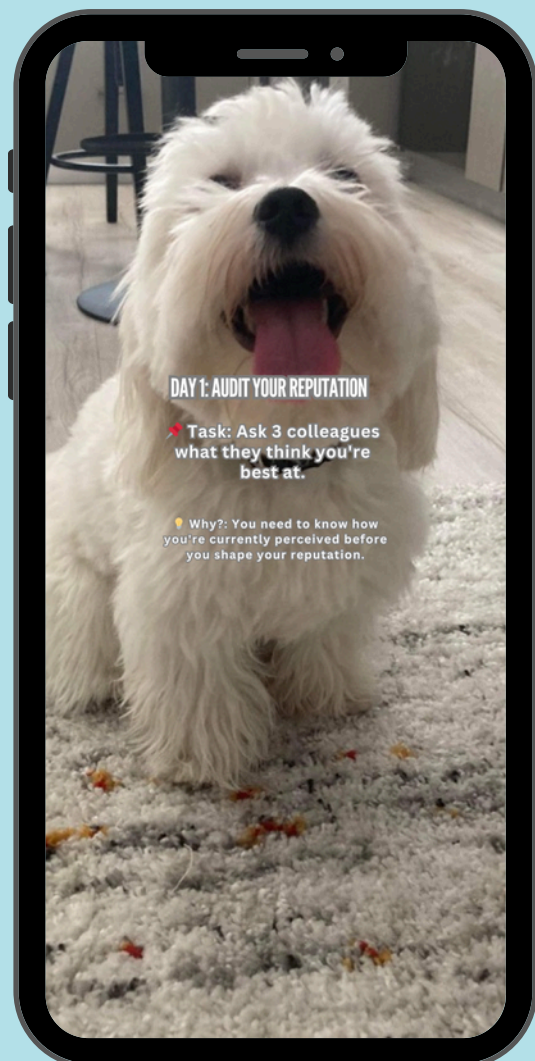
[Use this link to have access to a saved template for this challenge](#)

CREATE YOUR 7-DAY ACTION PLAN:

You'll be prompted to add your photos, one for each page that contains a different day challenge.

SET UP YOUR PHONE'S WALLPAPER:

- Download the result to your phone and use them as wallpapers.



STAY CONSISTENT:

This challenge is all about taking small, actionable steps every day.

Keep track of how you're doing and focus on the tasks for the day.

By Day 7, you'll have a much clearer idea of how to present your skills, boost your visibility, and move closer to going viral at work.

SHARE YOUR PROGRESS::

Don't forget to share your daily tasks and successes!

Take a screenshot of your phone's wallpaper each day and share it with your colleagues or on social media.

Use **#viralatwork**

This not only reinforces your commitment to the challenge, but it also spreads the word about your new, enhanced reputation.



FINAL THOUGHT:

By the end of this 7-day challenge, you'll have taken practical steps that are impossible to ignore.

And with each task, you'll be one step closer to becoming someone who stands out at work - not just for what they do, but for who they are.

If you're ready to take your career to the next level, this is the first step. Keep your eyes on the prize, stay consistent, and go viral at work!