

WELLNESS WEEK CHALLENGE

Motivation Monday

Activity:

- Compliment yourself
- Give a stranger or anyone you know a compliment

Gratituesday

Activity:

- Create a social media post for a person you are grateful for.
- Name one thing you are grateful for

Wellness Wednesday

Activity:

- Exercise for 7 minutes
- Meditate for 10 minutes
- Take a moment to do nothing

Thoughtful Thursday

Activity:

- Think of a time when someone did something kind for you. How did it make you feel?
- Do something thoughtful for someone

Feel Good Friday

Activity:

- Jam to your favourite song
- Pick a fun activity for the weekend to do
- Self-care activity

Highlights of how your week went :
