



LEARN

MOVE

RELAX

CREATE

NOURISH

CONNECT

Attend a Thrive Week Workshop or Webinar

Exercise in the Fitness Room

Schedule down time for yourself

Journal for 5 minutes

Make a meatless recipe

Give a genuine compliment

Watch a documentary

Try a new type of physical activity

Try a guided meditation

Try a new hobby

Plan a potluck

Plan a fun afternoon with friends

Try to learn a new language

Walk along the Movement Trail

Turn your phone off for 30 minutes

Doodle mindfully

Bake a favourite dessert

Text someone you haven't spoken to in a while

Read a non-fiction book

Workout with a friend

Go on a nature walk or hike

Tackle a home DIY

Eat a new to you fruit or vegetable

Have a tech-free dinner with someone

Sign up for an online class

Try a yoga video online

Stretch before bed

Play an instrument or sing

Practice mindful eating

Volunteer your time

Keep up with the news

Exercise outdoors

Write down a positive affirmation

Finish a puzzle

Try a new recipe

Write someone a thank you note



Complete an activity from each column and upload your card before January 29 to have a chance to win!
<https://forms.gle/CjDEQcdsCmHTNubT8>