



LEARN

MOVE

RELAX

CREATE

NOURISH

CONNECT

☐

Attend a Thrive Week Workshop or Webinar

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Exercise in the Wolf Den

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Schedule down time for yourself

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Journal for 5 minutes

☐

Make a meatless recipe

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Give a genuine compliment

☐

Watch a documentary

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Try a new type of physical activity

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Try a guided meditation

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Try a new hobby

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Plan a potluck

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Plan a fun afternoon with friends

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Try to learn a new language

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Attend a Free Fitness Class this week

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Turn your phone off for 30 minutes

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Doodle mindfully

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Bake a favourite dessert

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Text someone you haven't spoken to in a while

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Read a non-fiction book

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Workout with a friend

☐

Go on a nature walk or hike

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Tackle a home DIY

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Eat a new to you fruit or vegetable

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Have a tech-free dinner with someone

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Sign up for an online class

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Try the SHW Yoga Class

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Stretch before bed

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Play an instrument or sing

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Practice mindful eating

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Volunteer your time

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Keep up with the news

☐

Exercise outdoors

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Write down a positive affirmation

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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>