



MOVE

RELAX

CREATE

☐

Attend a Thrive Week Workshop or Webinar

☐

Try a new type of physical activity

☐

Turn your phone off for 30 minutes

☐

Doodle mindfully

☐

Bake a favourite dessert

☐

Write someone a thank you note

☐

Watch a documentary

☐

Exercise indoor

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Schedule down time for yourself

☐

Tackle a home DIY

☐

Try a new recipe

☐

Volunteer your time

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Keep up with the news

☐

Exercise outdoors

☐

Try a guided meditation

☐

Journal for 5 minutes

☐

Make a meatless recipe

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Plan a fun afternoon with friends

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Sign up for an online class

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Workout with a friend

☐

Go on a nature walk or hike

☐

Try a new hobby

☐

Practice mindful eating

☐

Have a tech-free dinner with someone

☐

Read a non-fiction book

☐

Try a yoga session

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Write down a positive affirmation

☐

Finish a puzzle

☐

Plan a potluck

☐

Text someone you haven't spoken to in a while

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Try to learn a new language

☐

Walk along the Trail

☐

Stretch before bed

☐

Play an instrument or sing

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Eat a new to you fruit or vegetable

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Give a genuine compliment



Complete an activity from each column and upload your card by noon of January 27 to have a chance to win!
<https://forms.gle/CjDEQcdsCmHTNubT8>