



MIND + BODY + SOUL

TRIPLE THREAT WELLNESS CHALLENGE

WEEK THREE TASKS: NOURISH YOUR SOUL

5 POINTS

Write down something that inspires you.

Choose a quote or scripture and place it somewhere visible. Allow those words to motivate you today.

5 POINTS

Pause and celebrate a small victory.

Look back on the week and consider the achievements you've made. No matter how small, they are steps forward to recognize and value.

10 POINTS

Spend 1 hour doing something you love.

Set time aside specifically for yourself and an activity that brings you joy.

10 POINTS

Make a list of 7 things for which you are grateful.

Gratitude is vital to our health and happiness. Feel free to list more than seven!

10 POINTS

Enjoy a conversation with someone you love.

We all have special people in our lives. Nurture one of those relationships today: chat by phone, meet for coffee, talk as you stroll through a park.

15 POINTS

Learn something new.

Learning helps us grow. Learn through reading or an online workshop, try a new recipe or craft, or perhaps rediscover an old hobby.

15 POINTS

Give!

Giving not only helps the recipient, but the giver too! Donate to a meaningful cause, volunteer your time, pass on an item you know another person can use.

20 POINTS

BONUS!!!

Share a passion project that you'd like to start: an idea or dream you have for yourself. Acknowledging it out loud can be the first step to making it happen!