



RESET<< CHALLENGE

SPIRIT

Build your Healthy Habit and win prizes! From February 20–26, when you get a BINGO (5 in a row), enter to win the weekly \$50 Gift Card at this link: bit.ly/3Gn4KuY

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Find something that makes you laugh and share it with a friend

YOU GO FIRST: Hold the Door open for 3 different people this week

Explore **SNAIL MAIL:** write a note of gratitude to someone you need to thank!

Spend 30 minutes moving with **NATURE** to experience its beauty!

Perform **TWO** random acts of kindness this week

Do a social media post or share to let your friends know the ways they can volunteer at the YMCA

PLOGGING: Walking/Pick up Litter

Create an oasis: Declutter, clean, decorate, design a space that is for you to unwind and focus.

Spend 10 minutes twice this week in quiet meditation or prayer

Write 3 or more times in a gratitude journal, a post-it note of praise, or a blessing book.

PAY IT FORWARD: Pay for someone else's meal this week

Try a guided meditation twice this week at YMCA360

**FREE SPACE!
YOU ROCK!**

Practice Deep Breathing: As you breath in, think of a positive word. As you breath out, think of releasing negative thoughts

Sit down with a friend and share a meal together.

Write down 3 positive affirmations and put them in a prominent place to help remind you.

Practice Compassion: Listen to someone else's story or perspective and remain curious, open-minded, and non-judgmental

Be **CURIOUS:** Choose to learn something new in a challenging situation instead of dismissing the possibilities.

Reach out to a friend or family member and give them a compliment or share your gratitude

Introduce yourself to a new YMCA staff member

Find **NEW** inspiration: Using art or music, actively look and listen to notice what you notice.

Help address hunger: Donate resources (\$ or Food) to a local food pantry

Tell 3 people you appreciate them

Practice Forgiveness: set a positive intention to let go of past hurts and forgive someone in your life.

Smile at two strangers this week

Activities can be modified to suit your abilities