

Take the Challenge



BE MINDFUL CHALLENGE

From a wellbeing perspective, remove one thing from your life you would like to **STOP** doing, add one thing you would like to **START** doing.

- 1 Today, take a few moments to reflect on your wellbeing, maybe look at your Wheel of Wellbeing Plan. Let's get your plan started with a hiss and a roar!
- 2 What would you like to **STOP** doing, and what would you like to **START** doing from the following list. (Choose one from each list, or add your own)

STOP:

- Consuming sugar, gluten or carbohydrates
- Drinking alcohol, coffee, sugary drinks or energy drinks
- Smoking
- Watching television at night
- Any screen time after 8pm
- Being negative, swearing
- Whatever you do that you'd like to change

START:

- Drinking 8 glasses of water a day minimum
- Having a green smoothie every day
- Eating a minimum of 10 fruit and veges every day
- Taking a particular supplement that you need
- Taking the stairs everywhere you go
- Exercising every day
- Writing a gratitude diary every day
- Doing a 10 minute meditation every day
- Whatever you'd like to start doing

- 3 Write in the webapp what you are stopping and starting.
- 4 Each day you manage this, take notice of how you're feeling. Write any changes in the 'What did you do' box.
- 5 If you manage to achieve your STOP/START challenge every day for the week, you will get an additional 10 points at the end of the week.

If you do this, you'll see some positive changes - We promise!