NOVELTY IN WELLNESS

Reflect on how you want to increase a particular area of wellness. Determine one area that you want to focus on throughout this week. Choose two or three suggestions from the boxes below (or create some ideas of your own!) to help you!

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SPIRITUAL

Visualize where and what you want to be. Document past three accomplishments and let them inspire your future. Schedule at least fifteen minutes twice a week to spend generating optimistic ideas. Explore a fundamental purpose of your life and link your actions to that purpose.

INTELLECTUAL

Build relationships with people who appreciate your abilities. Find a person who shares your area of your interest. Deliberately learn five new words at least twice a week. Arrange a teach-learn date with a friend, learn a skill, and teach what you are best at.

SOCIAL

Notice how many times you say thank you. Think of three past adversities and identify three serendipitous goods they led to. Over dinner, talk with your loved ones about two good things that happened to them. Find creative ways of complimenting those who are close to you.

EMOTIONAL

Write three apprehensions that you feel when you wake up. Before you go to bed, write three good things that happened to you. Then evaluate your apprehensions in light of the good things. Learn a new joke three times a week and tell them to friends. Send funny emails to your friends. Take time to fully celebrate your next two accomplishments and victories.

LOOKING FORWARD INTO THE WEEK,

identify 5 critical activities that you need to complete. How will you use your strengths to help get those things done? Do something special and intentional so that you are utilizing all of your strengths!