

AUGUST 2024



COMPASSIONATE TRANSFORMATION COMMUNITY

National Wellness Month Challenge

#CTCWellnessChallenge

FRIDAY

FRIDAY, AUGUST 2:

ACTIVITY: PERFORM A RANDOM ACT OF KINDNESS, LIKE COMPLIMENTING A COLLEAGUE OR BUYING COFFEE FOR SOMEONE.

PROMPT: REFLECT ON HOW THIS ACT MADE YOU FEEL AND THE REACTION OF THE PERSON YOU HELPED.

FRIDAY, AUGUST 9:

ACTIVITY: TRY A NEW 10-MINUTE EXERCISE OR STRETCHING ROUTINE.

PROMPT: HOW DID YOUR BODY AND MIND FEEL AFTER THE SESSION? DID YOU NOTICE ANY BENEFITS, LIKE IMPROVED FLEXIBILITY OR MOOD? WHAT SPECIFIC EXERCISES OR STRETCHES DID YOU END UP DOING?

FRIDAY, AUGUST 16:

ACTIVITY: SPEND 10 MINUTES HAVING A MEANINGFUL CONVERSATION WITH A LOVED ONE.

PROMPT: CONSIDER THE IMPACT IT HAD ON YOUR RELATIONSHIP. DID THE CONVERSATION HELP STRENGTHEN YOUR BOND, OR BRING NEW UNDERSTANDING?

FRIDAY, AUGUST 23:

ACTIVITY: SPEND 5 MINUTES JOURNALING ABOUT YOUR GOALS AND ASPIRATIONS.

PROMPT: IDENTIFY ONE SMALL, ACTIONABLE STEP YOU CAN TAKE THIS WEEK TO MOVE CLOSER TO ACHIEVING THEM. SHARE YOUR GOAL, WHY IT'S IMPORTANT TO YOU, AND YOUR PLAN IN THE COMMENTS BELOW!

MONDAY

MONDAY, AUGUST 5:

ACTIVITY: SPEND 10 MINUTES PICKING UP LITTER IN YOUR NEIGHBORHOOD OR LOCAL PARK.

PROMPT: TAKE A PICTURE OF YOURSELF AND ANYONE YOU'RE DOING THIS ACTIVITY WITH, AND TELL US ABOUT YOUR EXPERIENCE!

MONDAY, AUGUST 12:

ACTIVITY: PRACTICE 5 MINUTES OF MINDFULNESS MEDITATION.

PROMPT: REFLECT ON HOW THIS PRACTICE AFFECTED YOUR MENTAL STATE. DID YOU FIND IT CHALLENGING, OR DID YOU FIND IT EASY AND HELPFUL? WHAT CHANGES DID YOU NOTICE IN YOUR MOOD OR THOUGHTS?

MONDAY, AUGUST 19:

ACTIVITY: WRITE A SHORT NOTE, LETTER, OR TEXT OF APPRECIATION TO SOMEONE WHO HAS POSITIVELY IMPACTED YOUR LIFE.

PROMPT: REFLECT ON HOW EXPRESSING GRATITUDE MADE YOU FEEL. HOW DO YOU THINK THIS GESTURE AFFECTED THE RECIPIENT?

MONDAY, AUGUST 26:

ACTIVITY: TAKE A 10-MINUTE WALK OUTSIDE AND PRACTICE BEING PRESENT IN THE MOMENT.

PROMPT: WRITE ABOUT THE SIGHTS, SOUNDS, AND SENSATIONS YOU EXPERIENCED. HOW DID BEING IN NATURE AFFECT YOU?

WEDNESDAY

WEDNESDAY, AUGUST 7:

ACTIVITY: SEND A MESSAGE TO SOMEONE YOU HAVEN'T SPOKEN TO IN A WHILE, ASKING HOW THEY ARE.

PROMPT: DID YOU GET A RESPONSE? IF SO, HOW DID THE CONVERSATION GO? DID IT LEAD TO ANYTHING INTERESTING OR UNEXPECTED?

WEDNESDAY, AUGUST 14:

ACTIVITY: PREPARE A HEALTHY SNACK OR MEAL, FOCUSING ON FRESH INGREDIENTS.

PROMPT: SHARE YOUR FAVORITE EASY AND HEALTHY RECIPES IN THE COMMENTS!

WEDNESDAY, AUGUST 21:

ACTIVITY: SHARE A POSITIVE OR INSPIRING QUOTE ON YOUR SOCIAL MEDIA AND TAG US.

PROMPT: REFLECT ON HOW SHARING POSITIVITY AFFECTED YOUR SENSE OF COMMUNITY. SHARE YOUR QUOTES IN THE COMMENTS BELOW FOR EVERYONE TO SEE!

WEDNESDAY, AUGUST 28:

ACTIVITY: DEDICATE 10 MINUTES TO A HOBBY OR ACTIVITY THAT BRINGS YOU JOY.

PROMPT: REFLECT ON HOW ENGAGING IN THIS ACTIVITY MADE YOU FEEL AND WHY IT'S IMPORTANT IN YOUR LIFE. DID YOU ENJOY IT ENOUGH TO CONTINUE DOING IT MORE OFTEN?

I have completed

out of 12

