



RESET<< CHALLENGE

SPIRIT

Build your Healthy Habit and win prizes! From February 13-17, 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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Declutter your space: choose 3 items to 'purge' from a collection, closet, or countertop

Do ten reps of deep breaths 3 times this week. Breathe In—Hold—Full breath out, etc.

PAY IT FORWARD: Tip a service industry worker above and beyond 20%

Introduce yourself to the YMCA staff member in your Y lobby

Be **CURIOS**: Choose to be open-minded instead of judgmental; journal about this choice.

Enjoy a healthy meal with a friend

Spend 30 minutes experiencing **NATURE** (take a walk, outdoor yoga, etc.) at least two times this week

Explore **SNAIL MAIL**: Handwrite a Thank You card to a colleague, neighbor, or friend.

Perform **ONE** random act of kindness

Help address hunger: research and learn about local organizations that provide food.

Put 2 entries into your gratitude journal, blessing book, or likes-list

Spend 10 minutes in quiet meditation or prayer

**FREE SPACE!
YOU ROCK!**

Practice Forgiveness: Name those who have hurt you and those you have hurt. Journal or record your thoughts.

Learn a new silly joke and tell it to your friends

Reach out to a friend or family member via text, e-mail, or social media to say HI!

Incorporate meditation or prayer into mundane tasks (driving, brushing teeth, washing dishes, etc.)

YOU GO FIRST: Hold the door open for someone, smile, and allow them to enter before you

Smile at a stranger

Write down 3 accomplishments or achievements you are proud of! Celebrate your wins!

Try a guided meditation at YMCA360

Learn 3 ways that you or your community can volunteer through the YMCA

Take a peaceful walk outside to clear your mind

Find **NEW** inspiration: Listen to a new TED Talk, Podcast, or read an article about something **NEW!**

Give someone at the YMCA a compliment

Activities can be modified to suit your abilities



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Build your Healthy Habit and win prizes! From February 18–26, 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 **CURIIOUS:** 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



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Build your Healthy Habit and win prizes! From February 27–March 5, 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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Explore **SNAIL MAIL**: hand write a note to a friend or family and recount your favorite memory with them

Take a peaceful walk in nature twice this week.

Find something that makes you laugh and share with someone at the YMCA

Tell 5 people you appreciate them

Reach out to a long-lost friend or relative to reconnect.

Fill an entire bag or box with items that no longer serve you and give them away!

Be a deep breathing warrior: 3 times this week walk through your deep breathing exercises before you start your day.

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

Meet a new YMCA staff person, and follow up with a note of gratitude or e-mail of thanks!

Two days this week, take a peaceful walk outside to clear your mind

Reconnect with a colleague, neighbor, or friend over coffee, tea, or a quick yummy bite!

Offer to spot a stranger in the fitness center of your YMCA

**FREE SPACE!
YOU ROCK!**

Be **CURIOUS**: Write about, create a voice memo, or a short video about choosing open-minded thinking.

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

Practice Forgiveness: Journal about a time that you let yourself down or caused others harm; crumple and throw away to symbolize moving on

Spend 10 minutes three times this week in quiet meditation or prayer

Try a guided meditation three times this week at YMCA360

PAY IT FORWARD: Donate to a local charity that invests in bettering our future!

Write down 3 goals you have about strengthening your **SPIRIT**

YOU GO FIRST: Offer your place in line to someone behind you.

Help address hunger: donate your resources (time or \$\$) to a local food pantry this week.

Practice Compassion: Choose a friend or coworker and spend 5 minutes visualizing and contemplating what it would be like to walk in their shoes

Sign up for a volunteer opportunity at the YMCA

Write a kind note for a family member

Activities can be modified to suit your abilities