

Tried a new activity in past month	Practices mindfulness	Complimented someone	Slept at least 8 hours last night	Volunteered for non-profit
Laughed at a recent mistake you made	Has a reusable water bottle	Names <u>something</u> they did for their <u>self care</u> the last month	Can share their <u>self care</u> plan	Can share a favorite vegetarian recipe
Plans to spend time with someone you love tonight	Planned for retirement recently	FREE	Got 30 minutes of exercise yesterday	Read a book
Journals regularly	Ate 5 servings of fruits and vegetables at least this week	Belly-laughed in the past month	Learned something of interest to you	Walked in nature in the past week
Has a regular activity they do to rejuvenate	Checked your blood pressure in last year	Did something that brought you awe and/or wonder	Can name the 5 senses and describes how they feel this very moment	Was kind to a stranger