



## Wellbeing Fitness Challenge

### STUDENT

Neuroscience has shown that with every new experience you have, your brain changes and that you can grow your brain's abilities in all areas of your life. Just as you boost your physical fitness by regularly working out, the wellbeing fitness challenges stretch your abilities to grow your wellbeing.

### COURAGE JOURNAL

*Brave Acts* – every day writing down two things I did that I believe were courageous and why I think so.

