



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.

HIDDEN PEOPLE

Invisible Champions – making a list of people who selflessly give of themselves to support me to have a good life and then thanking them one by one.

