



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.

LIFE'S TREASURE

Appreciation and Love – writing down a list of the people and things that I treasure in my life and reading it every morning and every night.

Love