



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.

SELF-IMAGE

Positive Messages – creating a list of 10 self-affirming messages on how I want to be and spend 30 seconds thinking about each one every morning.

