



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.

WHAT WENT WELL

Being Grateful – looking for three good things that happened that I am grateful for, why they happened and putting them on a gratitude board on my bedroom wall.

1	_____
2	_____
3	_____