

# YOUR WELLBEING MATTERS

Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	May 10	May 11	May 12	May 13	May 14
<b>Physical</b>	Go for a walk	Join us for Power Move and do the full activity	Do some power poses for 5-10 minutes and notice how you feel before and after	Have a dance party or move your body for two full songs that help you feel confident	Free Day
	May 17	May 18	May 19	May 20	May 21
<b>Mental</b>	Visualize yourself accomplishing a goal	Notice your self-care today. Did you eat? Did you hydrate? Did you move? Did you rest?	Write down 5-10 things you are really good at	Write down your accomplishments for the week	Free Day
	May 24	May 25	May 26	May 27	May 28
<b>Emotional</b>	Focus and setup your environment and calendar to get adequate nights of sleep this week	Spend 10 minutes focused on self-awareness, see if you can feel where you are holding emotions in your body	Reflect on a time when you displayed confidence, write down the story of that experience and how it made you feel	Start your day with six, deep and intentional breaths	Free Day
	May 31	June 1	June 2	June 3	June 4
<b>Social</b>	Text five people and let them know you are thinking about them	Initiate a phone or video call with a friend or family member	Compliment someone about a confident action you noticed and appreciated	Join an outdoor fitness class	Free Day

*Believing in myself and showing the world.*



**Girls Are Powerful™**

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