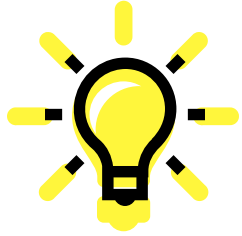


Nation Builder Engagement

June 1 - 7, 2020



Mind

Get your creative brain juices flowing!

Go exploring and think about your community. What are some of the great things that are happening there? What are some things that you think could be improved upon? Make a table to chart your ideas.

While exploring your community, did you see something that you can easily fix and by fixing it you would be helping others? Spend time this week doing something good for another person



Body

Get your heart rate up!

Build up your endurance to be able to run long distances. It takes time to do. Start by walking for 2 minutes and then running for 15 seconds. As this becomes easier, reduce your amount of time walking and increase the time running.

Go kayaking or canoeing.
Be sure to wear a life jacket!

Go on a hike, or find a new trail to explore. Take time to look at all the new plants that are growing.



Soul

Take time for yourself!

Write down 5 things your grateful for every day!

Check in with 5 people you haven't spoken to in a while.
Give them a call or a text.

Take some time to listen. Lay or sit down and just listen to the sounds around you: the washing machine, the wind, the neighbours, cars, or birds. Just listen and take it all in.

