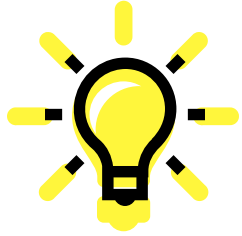


Nation Builder Engagement

June 15-21, 2020



Mind

Get your creative brain juices flowing!

You have been thinking long and hard about what you can do to make your community a better place. You have come up with a plan, shared your idea, asked for feedback and have even created a budget!

What's next?

What is the next step you need to complete to put your plan into motion?

Will you need tools or resources?

Share your idea with somebody who you think can help you.

Take the next step.

Suggested book to read this week:

When I was Eight

<https://safeyoutube.net/w/gqMJ>



Body

Get your heart rate up!

Try the 7-Minute Workout! Set a timer and do each exercise for 30 seconds. Rest for 10 seconds before starting the next.

Jumping jacks

Wall sit

Push-ups

Abdominal crunches

Step-up onto a chair

Squats

Triceps dip on a chair

Plank

High knees, running in place

Alternating lunges

Push-ups with rotation

Side plank, each side



Soul

Take time for yourself!

Listen to your favourite song and pay attention to how it makes you feel. What emotions does it stir? What memories does this song remind you of?

Do something around the house you have never done before, give it your undivided attention and do it well.

Create a bucket list of things you want to do this summer. Include places you want to go, people you want to see, things to do/learn, and old habits you want to stop.

Don't forget to take pictures along the way!

