



# YOUR WELLBEING YOUR WAY

**BUILD SUSTAINABLE HABITS FOR ENERGY,  
BALANCE AND MINDFULNESS**

Start the Healthy Body, Healthy Mind Challenge, a self-directed six-week framework designed for you to take the lead on your own wellbeing journey.

**THE CHALLENGE FOCUSES ON THREE PILLARS**



**Nutrition:**

Fuel your body with wholesome, balanced meals.



**Exercise:**

Keep your body active through daily routines.



**Emotional check-ins:**

Develop awareness of your mental and emotional state.



## WEEKLY FOCUS AREAS

	Nutrition	Exercise	Emotion
Week 1	Hydration: Aim for 2L of water per day	Take a 15-minute walk daily	Daily reflection: How do I feel physically and emotionally?
Week 2	Incorporate more fruits and vegetables	Schedule a 20-minute home workout	Journaling: Identify one positive moment per day
Week 3	Mindful eating: Avoid distractions during meals	Commit to strength exercises twice per week	Commit to five minutes of breathing exercises each day
Week 4	Reduce processed foods	Commit to 25-minute cardio sessions	Gratitude journaling: Write down three things you are grateful for
Week 5	Plan balanced meals for the week	Combine cardio and strength training	Emotional check-in: Identify triggers and coping strategies
Week 6	Review and sustain healthy eating habits	Choose your favourite exercise routines	Reflect on progress and set goals for post-challenge

## SMALL ACTIONS, BIG IMPACT

Over time, the effect of a simple daily routine compounds. Consider the following:

- 1. NUTRITION:** Track meals and water intake
- 2. EXERCISE:** Complete the daily exercise or movement goal
- 3. EMOTIONAL CHECK-IN:** Spend 5-10 minutes reflecting, journaling or meditating

## SET YOURSELF UP TO SUCCEED

- Set small, achievable goals each week.
- Share progress with a buddy or team for motivation.
- Celebrate small wins to stay engaged.
- Be kind to yourself - it is about progress, not perfection!

## ACKNOWLEDGE YOUR PROGRESS

At the end of the six weeks, reflect on:

- Which nutritional habits have improved
- How your energy levels and fitness have changed
- How your emotional awareness and mental resilience have grown

**THRIVE WITH PURPOSE**

