

# FLOURISH *in* FOUR



Aim to get at least 3 goals per week. Track your goals by coloring in the designated plants. See weekly email or website for additional details on completing the activities. Scan the QR code for more information.

## WEEK 1: PLAY AND CREATIVITY



Set aside time for play and creativity.



Pick one experience to truly savor each day.



Try something new or explore a new place.



Have fun creating a colorful plate with new fruits or vegetables.



Spend 30 minutes moving your body in a way you enjoy.

## WEEK 2: POSITIVE CONNECTION



Talk to or spend time with someone you care about.



List your personal boundaries in friendships and relationships.



Engage in at least 5 acts of kindness.



Browse campus resources that might be helpful for you.



Establish a tradition that fosters meaningful interactions with others.

## WEEK 3: STRENGTH AND VISIONS



Create a realistic to-do list.



List at least 5 of your strengths and explore ways to apply them.



Unfollow social media accounts that negatively impact your mood.



Imagine your ideal self and describe what that looks like.



Create a plan to achieve your long-term goals.

## WEEK 4: GRATITUDE AND MINDFULNESS



Enjoy a distraction-free meal.



Find your calm (meditate, do yoga, enjoy nature, etc.).



Reflect on your week and write down 3 things you're grateful for.



Do a relaxation exercise before bed.



Practice putting your phone down in social settings.