

# Team Challenge Schedule and Points

Monday July 28th – Friday 1st August

## Monday Nature



July 28th

Gratitude Nature Walk & Reflective Practice.

### Daily Challenge Point:

- Listen to the daily gratitude recording and write a reflection about:

*Start the week by reflecting on three things you are grateful for and why - maybe this could relate to the environment around you.*

### BONUS point:

- Complete a chnnl check-in

## Tuesday Fresh Beginnings



July 29th

Gratitude for fresh beginnings through the sunrise.

### Daily Challenge Point:

- Listen to the daily gratitude recording and write a reflection about:

*Reflect on something you are looking forward to in your day ahead (or tomorrow).*

### BONUS point:

- Complete a chnnl check-in

## Wednesday Learning & Mentors



July 30th

Appreciation for those who support us.

### Daily Challenge Point:

- Listen to the daily gratitude recording and write a reflection about:

*Reflect on someone who has been/is a mentor to you, and your gratitude for them.*

### BONUS point:

- Complete a chnnl check-in

## Thursday Connection



July 31st

Gratitude for connections and relationships.

### Daily Challenge Point:

- Listen to the daily gratitude recording and write a reflection about:

*Reflect on connections you have in your life and journal your gratitude for them.*

### BONUS point:

- Complete a chnnl check-in

## Friday Self Compassion



August 1st

Gratitude for self: kindness, compassion, appreciation.

### Daily Challenge Point:

- Listen to the daily gratitude recording and write a reflection about:

*Reflect on something you are appreciative about yourself!*

### BONUS point:

- Complete a chnnl check-in