

WEEKLY Key activities for well-being

L U M E N TM

WORLDWIDE ENDEAVORS

MONDAY

THEME GRATITUDE

Suggested Activities

- Think of five things you are grateful for today.
- Write a letter to someone who you have been meaning to thank during the first part of your week.
- Send out virtual high fives to multiple people to recognize their activities, behavior or presence that you appreciated.
- Write in a gratitude journal or collect gratitude notes to yourself and save them in a jar.

TUESDAY

THEME PURPOSE

Suggested Activities

- Walk attentively and purposefully. Use the time to ground yourself.
- Take an inventory of how you are doing in your well-being domains and take one action to adjust your approach to more closely align to your optimal desired state.
- Give back to something you care about in your communities, your philanthropy of choice, in your professional life or another place.

WEDNESDAY

THEME KINDNESS

Suggested Activities

- Assume that most of the people you work with or meet are struggling with something unseen to you. Be patient and send them silent good wishes.
- Give out meaningful compliments to those you meet today.
- Spread positivity on social media.
- Engage in a random act of kindness such as leaving a positive note for a stranger, paying for another person's coffee, etc.

THURSDAY

THEME PRESENCE

Suggested Activities

- Spend 10 or more minutes (alone or with companions) in nature focused on the beauty of nature.
- Spend time with a loved one, friend or colleague greeting them as if you hadn't seen them in a long time.
- Use a technique such as box-breathing or a short meditation to re-center before your next meeting.
- Give someone in your life two minutes of your undivided, non-judgemental attention.

FRIDAY

THEME CELEBRATION

Suggested Activities

- Highlight what is special about the day by informing others about designations or historical significance (domestically or internationally).
- Engage in a "treasure hunt" to find something beautiful, interesting or a piece of art that you would like to share and then connect with other people to rejoice.
- Take time to recognize accomplishments big and small throughout the week, month, year!