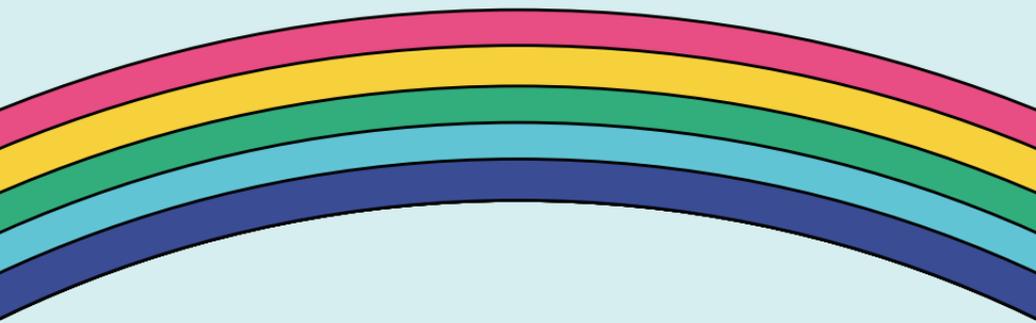


Build your own bucket list

Close your eyes and take a moment to think about goals you hope to achieve, dreams you want to fulfill, and experiences you wish to experience in your lifetime. Keeping a bucket list of your goals, dreams and wishes can help to keep you on track while inspiring you to reach and grow toward your goals each day.

- 1 What are your top three bucket list goals, wishes or dreams?
- 2 What can you do each day to fulfill this goal, wish or dream?
- 3 How does this goal, dream or wish inspire you to be your best self each day?

DISCUSSION
QUESTIONS



TAKE ACTION

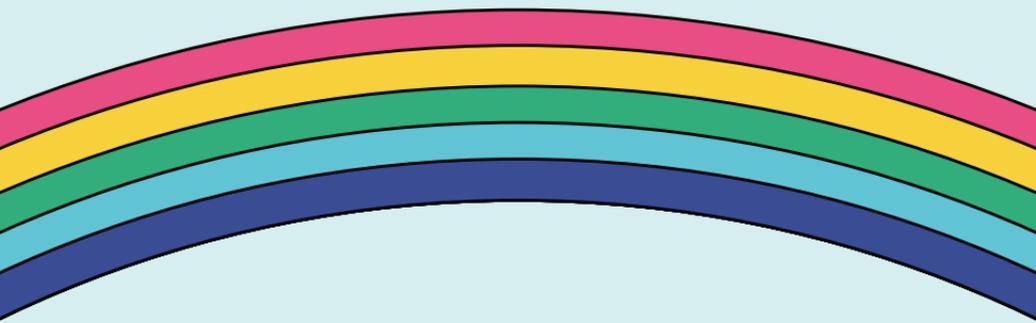
- Find a spare page in your journal or a note on your phone and start your bucket list off by recording five long-term goals you hope to achieve in your life—where you want to be in five years, where you hope to live, or a destination you wish to visit, etc. Keep this list safe and each time you come across another dream or wish, add it to the list!
- As a team, discuss how you can all support each other's goals. Write these affirmations down on a piece of paper to post in the workspace. Use this paper as a reminder to support your team on their journeys while reaching for your own dreams.

Set the tone

Self-affirmations are a great way to begin each day, each week, or each month. Think about self-affirmations as personal compliments that you give to yourself to recognize and remind yourself of your wonderful qualities. Consider using self-affirmations as a way to lift your mood when you're feeling low or a way to build your own self-esteem in new or uncomfortable situations.

- 1 Finish this sentence: "I am _____" (example: caring, kind, creative, strong, wise, etc.)
- 2 Finish this sentence: "We are _____" (example: supportive, team-workers, productive, resilient, etc.)
- 3 Identify a moment in at work when your self-esteem impacted your productivity; what self-affirmation could you have used in that moment to build yourself back up?

DISCUSSION
QUESTIONS



TAKE ACTION

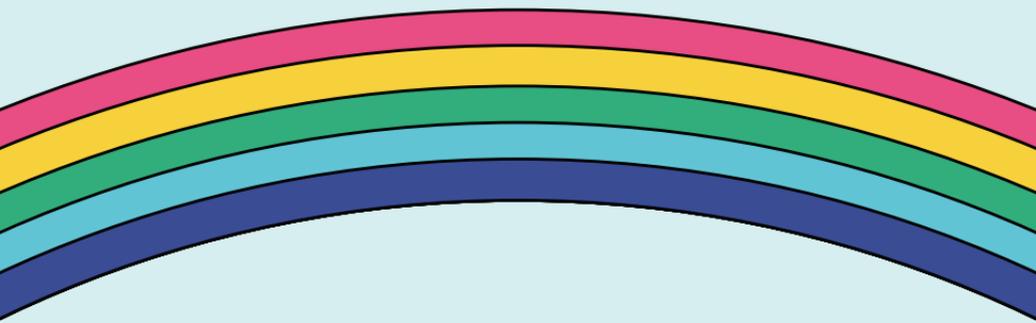
- Take out a piece of paper and a pen (or colored marker). Write down three self-affirmations and share them with each other as a group. Keep this list safe and challenge yourself to read these affirmations each morning for one week. Notice how this daily ritual makes you feel.

Make good decisions

Decisions can be great, but they can also be challenging—especially when you have many options. What's important to remember is that when you have a big decision to make, weigh your options into pros and cons. This can help you to make the best decision for you, in that moment, without regretting the choice you've made.

- 1 Identify a moment in your life when you had to make a big decision. What did you do to decide?
- 2 How do you make decisions? Do you trust your gut? Your head? Your heart?
- 3 Identify a moment in your life when you made the 'wrong' decision. If you could make this choice again, how would your new decision change the outcome of your situation?

**DISCUSSION
QUESTIONS**



TAKE ACTION

- Take out a piece of paper and a pen (or a colored marker) and write down one time when you made a decision by following your heart. On the other side of the paper, write down one time when you made a decision by following your head. Which decision felt better? Share this as a team.