

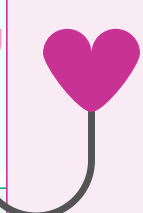





Intentionally Cultivate Your Whole Self



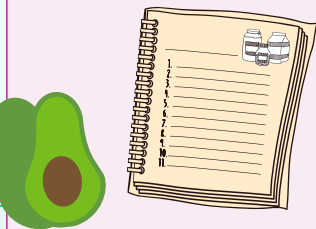






The foundation of the Girls on the Run 6th-8th grade program, called Heart & Sole, is a commitment to the “whole girl.” This goal is met through the Girl Wheel, which is made up of five parts: Body, Brain, Heart, Spirit, and Social. As the new year begins, take time to focus on your whole self and commit to completing the prompts below over the course of four weeks.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BODY	BRAIN	SPIRIT	HEART	SOCIAL
WEEK 1	<p>Take 15 minutes to move your body outside. Rain, shine, snow, or wind!</p> 	<p>In your favorite journal or notebook, make a list of hobbies you'd like to practice more often. When you have free time, instead of reaching for your phone, pick something from the list to try!</p>	<p>Create a vision board of your goals and dreams for the upcoming year. Remember: no dream is too big to include!</p> <p>INSPIRE</p>	<p>Write 5 positive messages about yourself on sticky notes. Place them in different spots throughout your living space. Every time you pass one, read it aloud as a positive self-affirmation!</p>	<p>Think of someone in your life who is important to you. Send a text or mail a card to let that person know how grateful you are for them.</p> 
WEEK 2	<p>Devote 30 minutes of your day to intentional rest. Consider taking a nap, doing a puzzle, drawing a bath, or gently stretching.</p> 	<p>Activate your brain by reading. Pick up a new book or an old favorite. Or, read a magazine or blog!</p> 	<p>Take two separate two-minute joyful meditation breaks throughout the course of your day.</p> <p>#1: close your eyes and picture a joyful moment in your life</p> <p>#2: think about someone in your life who brings you joy</p>	<p>Choose colors to put in your snack or meal that align with emotions you are feeling that day.</p> <p>Example: Happy yellow banana bread</p> 	<p>Grab a friend (virtually works!) and play a fun game. Here is one idea: act out your favorite TV show and see if the other can guess it in 30 seconds!</p> 

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Remember that you can be flexible. Feel free to switch a day if you'd prefer to work your brain on a Wednesday or want to move your body on a Friday! You can use the weekends to repeat one of the prompts from a weekday or catch up on a missed day. www.girlsontherun.org

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BODY	BRAIN	SPIRIT	HEART	SOCIAL
W E E K 3		<p>Open a cookbook or pull up Pinterest to find something nutritious and delicious to make for dinner.</p> 	<p>Before you make a decision today, take a deep breath and allow yourself time to process your thoughts. Intentional decisions always feel better than impulsive ones!</p> 	<p>Write down your personal values or family values on sticky notes and stick them around your home as a reminder!</p> 	<p>Write 3 things you are grateful for.</p> <p><i>Grateful</i></p> <p>Click here to download and color your own Grateful coloring sheet!</p>	<p>Complete a random act of kindness for someone you do not know well. Smile at a neighbor, leave a treat for the mailman or buy the person behind you in line a coffee.</p> 
	W E E K 4	<p>Complete a GOTR 5K just like girls do. Walk, run, skip, roll, gallop, or adopt another form of joyful movement to take you across the finish line.</p> 	<p>Learn an obscure, fun fact. Share it with a friend or family member!</p>  <p>Looking for an idea? Click here!</p>	<p>Think about an internalized stereotype with which you struggle. Whether through private reflection or accountability from a trusted friend, commit to challenging this belief.</p>	<p>Turn on your favorite jams and have a dance party! You are never too old to dance. By moving your body and having some fun, you can let go of any stress you've been holding onto.</p> 	<p>Towards the end of the day, ask a co-worker, family member or friend the following question: Tell me your high and low of today. Listen to their response. Then, share your own high and low.</p> 