JOIN THE

7 Days of Small Wins Challenge

Day 1: Move Your Body

What does your body need today?

Small win ideas: Take a five-minute walk, stretch between classes, drink water, or get some rest.

Your small win today

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Day 2: Check In With Your Emotions

What would make today feel 1% easier?

Small win ideas: Complete the sentence: "Right now, I feel…" Then choose one supportive response.

Your small win today

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Day 3: Connect

Who helps you feel supported or understood?

Small win ideas: Send a "thinking of you" message, sit with someone at lunch, or reach out for help.

Your small win today

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Day 4: Get Curious

What are you curious about right now?

Small win ideas: Learn one new thing, ask a question in class, read, create, or try something unfamiliar.

Your small win today

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Day 5: Reset Your Space

What small change would help your environment support you?

Small win ideas: Clear one small surface, open a window, spend time outside, or make your study area more comfortable.

Your small win today

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Day 6: Reconnect With Meaning

What gives you a sense of meaning, purpose, or peace?

Small win ideas: Reflect, pray, meditate, journal, spend time in nature, or do something connected to your values.

Your small win today

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Day 7: Support Your Future Self

What is one thing your future self will appreciate?

Small win ideas: Complete one task, plan tomorrow, book an appointment, review your schedule, or take a guilt-free break.

Your small win today

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Each day, try one small action to support a different dimension of your wellness (physical, emotional, social/cultural, intellectual, environmental, spiritual, and career/financial). No huge goals. No perfection. Just simple steps that fit into student life. The goal? ***To notice that small, realistic choices can support wellbeing!***

How to complete this challenge:

- Choose one activity each day (for at least 5 of the days this week)
- Make it your own
- Check it off when you're done
- Celebrate every win—big or tiny
- Submit your completed challenge by Nov 6 for a chance to win a wellness prize pack

Small steps. Seven dimensions. One more supported version of you.