

# PERSONAL GROWTH CHALLENGE

## Temple College Wellness Initiative

### Fast Facts

Personal growth is the constant process of improving yourself, including working toward better wellness. Wellness is not just about your physical self but about your mental, emotional, and social welfare, too. Personal growth will look different to every individual. For some, it may be pursuing educational goals, such as learning a new language, developing a skill, or receiving a degree. For others, it may be more abstract, such as improving relationships with other people or increasing their personal confidence. Whether it be an investment of time, money, educational pursuits, mental/physical well-being, or making some sort of change in their day-to-day practices, it is important to invest in yourself.



### Your Weekly Challenge:

- **Day 1** – Learn something new - watch a TED Talk or research something of interest
- **Day 2** – Connect with nature – enjoy a walk or tend to your garden/plants
- **Day 3** – Get creative – puzzle, paint, sew, journal or just doodle
- **Day 4** – Read for enjoyment – start at least the first 10 pages of a good book
- **Day 5** – Declutter – pick an area such as a room, desk, car, inbox, or a junk drawer
- **Day 6** – Experience new things – try a new recipe, different restaurant, or fitness class
- **Day 7** – Relax with a coffee/tea and watch a sunrise/sunset

*"The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible."*

- Richard M. DeVos

### Linked Resources:

- [BCBS Health and Wellness Resources](#) – free and low fee programs to assist with your wellness journey
- [Temple College BCE Programs](#) – consider a class for personal enrichment using tuition benefits
- [TED Talks](#) – influential videos from expert speakers on education, business, science, tech, and creativity