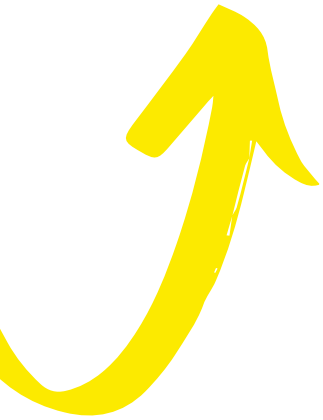


THRIVE



		WRITE A THANK YOU CARD +3 POINTS	GET 30 MINUTES OF EXERCISE +3 POINTS		
	TRY A NEW RECIPE +3 POINTS	SHARE A WIN +1 POINT	ORGANIZE YOUR DESK +3 POINTS	PLAN YOUR CALENDAR +4 POINTS	
WRITE A LETTER TO YOUR FUTURE SELF +4 POINTS	SPEND 10 MINUTES PLANNING YOUR DAY +1 POINT	PUT YOUR PHONE ON DND FOR 2 HOURS +1 POINT	DEVELOP A GRATITUDE LIST +2 POINTS	WATCH A SUNSET OR SUNRISE +2 POINTS	WRITE A LETTER TO YOUR YOUNGER SELF +4 POINTS
VISIT A MUSEUM +5 POINTS	READ A NON- BUSINESS RELATED BOOK +3 POINTS	DONATE SOMETHING +5 POINTS	PRACTICE YOUR FAVORITE HOBBY +2 POINTS	GO TO A PARK +3 POINTS	MAKE SOMEONE LAUGH +2 POINTS
	DEVELOP A CONSISTENT MORNING ROUTINE +2 POINTS	DO SOMETHING DARING +2 POINTS	WATCH A TED TALK +2 POINTS	CREATE A VISION BOARD +5 POINTS	
		TAKE A MENTAL HEALTH DAY +5 POINTS	TAKE A POWER NAP +3 POINTS		

