

MONTHLY MINDSET CHALLENGE

Renew Resolve

WEEK 1

Embrace Immediate Wins

Shift focus from long-term goals to daily triumphs. Celebrate small victories like completing a workout or cooking a healthy meal.

Each win floods your brain with dopamine, reinforcing positive behaviours and renewing your resolve effortlessly.

WEEK 2

Mindful Gratitudes

Practice gratitude daily. Reflect on three things you're grateful for, rewiring your brain to seek out positivity.

Gratitude boosts dopamine and serotonin levels, enhancing overall well-being and reinforcing your commitment to self-improvement.

WEEK 3

Mindful Gratitudes

Seek out new activities or hobbies. Novelty triggers dopamine release, stimulating creativity and motivation.

Whether it's trying a new recipe or exploring a new route, embrace the excitement of the unfamiliar to keep your resolve fresh and energised.

WEEK 4

Social Connection

Share your goals and progress with someone everyday, leveraging social reinforcement to maintain momentum and renew your commitment.

Connection and meaningful interactions with loved ones releases oxytocin and dopamine, creating belonging and support, which also help to renew your resolve.