

Topic: Reflecting

Breathe



Whenever you feel like you need to catch your breath, do this 30 second breathing exercise with Calm Breathe for instant relaxation.

[Click here for the Calm Breath Bubble](#)

Learn

Reflecting is an important part of self-awareness and responsible decision-making. It gives us the opportunity to think through our choices and understand how they affect the future and helps us improve our ability to make constructive and respectful choices and informed decisions based on consideration of safety concerns, moral and ethical standards, social norms, and the well-being of ourselves and others.



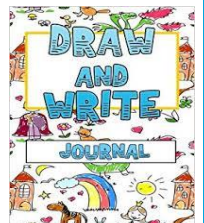
Move



[Cupid Shuffle Challenge!](#)

“Down, down do your dance, do you dance!” We’re challenging you to a Cupid Shuffle Dance-off!

Grow



A good way to reflect is through journaling. [Here’s some questions to write about...](#)

- Am I living true to myself?
- If this were the last day of my life, would I have the same plans for today?
- Am I holding on to something I need to let go of?
- The two moments I’ll never forget in my life are ... (Describe them in great detail, and what makes them so unforgettable.)
- Make a list of 30 things that make you smile.
- Am I thinking negative thoughts before I fall asleep?
- Am I putting enough effort into my relationships?