

Topic: Accurate Self-Perception

Breathe

Often we are far more awesome than our self-perception believes. Let's take a few minutes to breathe deeply and remember that we are each truly a miracle. Let your light shine!



Learn

A clear understanding of who you are is called **self-awareness** and this journey helps the way you think and feel.

[Take This Quiz to Better Understand: How Emotionally Intelligent Are You?](#)

A quick 15 question survey to better understand yourself.

Then watch:
5 Ways To Improve Your Self-Awareness



Move

Oh, this is a fun one! It's time to groove it out with Luckie, creator of Old School Skinny. This throwback dance workout is perfect for all levels of dancers who want to get a serious sweat. You ready to push it?



Grow

In your journal:

Take 10 minutes in a quiet place, reflect on the last 24 hours and write:

- How have you been **feeling**? Why?
- **What are my values and what is most important to me right now?** Am I acting in a way that aligns with my values? What should I keep doing or adjust so that I can live in a way aligned with what I believe is the most important?