



G R E A T E R
HARTFORD
W E L L N E S S

Opportunities

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A crisis creates the opportunity to dig deep into the reserves of our very being, to rise to levels of confidence, strength, and resolve that otherwise we didn't think we possessed.

- Jon Huntsman, Sr.

Doing new things, leaning into discomfort: this is what keeps us alive! We are challenged during unfamiliar times to experience our lives differently. Let's use this as an opportunity to bring out the best in ourselves.

- What are the things you would like to do that you don't normally have time for?
- Is there something you have been curious about?
- Is there something you wish you could learn more about?
- Have you been neglecting some things because you just haven't had the time?

Giving

Call someone you care about
Write a note to someone
Help a neighbor
Donate your time/resources

Projects

Clean a space at home
Yard clean up
Rearrange a room
Repair something

New experiences

Learn a new skill
Do your hobby
Take in nature
Plant a garden

Take care of yourself

Meditate
Journal
Spend time with your dreams
Pray

Think about each category and identify something in your life you could do. Remember, lean into the discomfort!

Giving: _____

Project: _____

New experience: _____

Taking care of self: _____