Living It Campaign

## Living It Ideas

# Individual Challenges

Encourage participants to try new pursuits in each of the pillars. Here are some ideas you can add to the ***Living It*** *Challenges* document that individual participants can try on their own.

Social Engagement

* Call a friend you haven’t talked to in a while
* Share something you are passionate about
* Invite your neighbor to have tea
* Attend an event and meet someone new

Intellectual Vitality

* Learn ten words in a new language
* Brush your teeth with your non-dominant hand
* Find the meaning of your name
* Play an online memory game

Physical Health

* Take a different path when you go for a walk
* Try a new (to you) vegetable or fruit
* Attend a new exercise class
* Share a recipe or learn a new one

Peace and Fulfillment

* Write a thank you letter
* Write a journal entry about how you're connected to the world around you
* Get involved in a volunteer event
* Listen to your favorite songs with a friend

# Organizational Challenges

Encourage participants to try new pursuits in each of the pillars by offering group activities. Here are some ideas you can add to the ***Living It*** *Challenges* document that groups can try together. Additionally, resident led programming based on their own interests, is always a great way to offer new challenges.

Social Engagement

* Invite participants to a tea party and encourage attendees to sit with someone they don’t know
* Offer a class that has always been in person in a virtual format
* Organize a volunteer opportunity with a local group
* Offer a speed-meeting event (similar to speed dating) with ice breaker questions

Intellectual Vitality

* Host a trivia night
* Create a scavenger hunt around the community
* Invite a local businessperson or representative to speak at the community
* Offer a current events gathering encouraging participants to bring a positive story featured in the news

Physical Health

* Offer a cardio drumming course
* Mix trivia and movement together in an exercise class
* Invite attendees to a happy hour with a healthy snack
* Offer a class to introduce participants to safe power training

Peace and Fulfillment

* Establish a meditation group
* Create a prayer walk
* Offer group lifestyle coaching
* Schedule a music performance