

Intangible Values



Plan

Focusing on what we value outside of physical items can have a huge impact on our good health and wellbeing. Spending time in nature or practicing your faith help deepen what we really value in life.

Do

For one month, can you walk a busy neighbor's dog? Could you share your skills with an activist group on a cause you want to support? Make sure to log your actions to track your progress. Look at Random Acts of Kindness for some inspiration: <https://www.randomacts.org/kindness-ideas/>

Review

- What did you think of this activity?
- Did anything surprise you?
- Is there anything you learned from the activity?
- Would you continue it? Why/why not?
- Is there another activity you do that brings the mindfulness into your day?