

## MONTHLY MINDSET CHALLENGE

# The Power of Hugs

## WEEK 1

**Send a virtual hug (emoji or GIF) to a friend or family member.**

A simple emoji or GIF can convey warmth and support across distances, letting them know you're thinking of them.

## WEEK 2

**Take time to embrace someone close to you.**

Notice the different types of hugs and how they make you both feel. Share a moment of warmth and connection.

## WEEK 3

**Extend a comforting hug to someone in need.**

Whether it's a friend going through a tough time or a stranger who could use support, offer a gesture of kindness and empathy.

## WEEK 4

**Reflect on the hugs exchanged this month.**

Consider how each embrace impacted your mood and strengthened your sense of connection with others.