



Station 1: Dream Big and Keep Trying

MOVE


- Walk the path to the corn hole boards and use the bean bags available. The goal is to get as many bean bags into the target as possible within a set time (e.g., 1 minute). If a bean bag misses, pick it up and try again. Keep track of the highest scores.

DISCUSS

- Think about a time when you tried something new and didn't succeed at first. How did you feel? What did you learn from the experience?
- Talk about a big dream you have. What steps can you take to achieve it? How will you handle setbacks along the way?
- Discuss ways to support friends and family when they are trying to achieve their dreams. How can you help them keep going even when things get tough?

TAKE ACTION

- **Keep a gratitude journal:** Write down things you're grateful for each day. This practice can boost your overall positivity and resilience, helping you stay focused on your goals.



Heart of New Ulm
Supporting a culture of wellness

Welcome to a new way to explore our community!

Move This Way provides an opportunity to be active, talk, think and learn about topics related to your physical, mental and social well-being.

Engage in a fun, physical activity at each station and then use the questions to spark discussion. Use the additional resources to take action or learn more.



Goal Journaling

- **Set your goal:** Write down a dream or goal you have. Be as specific as possible.
- **Plan your steps:** List the steps you need to take to achieve this dream. Break it down into smaller, manageable tasks.
- **Track your progress:** Regularly update your journal with your progress. Note any successes, challenges, and what you learned from them.
- **Reflect and adjust:** Reflect on your journey periodically. Adjust your plan as needed based on your experiences and new insights.
- **Stay motivated:** Include motivational quotes, pictures, or anything that inspires you to keep going.
- **Create a support network:** Write down the names of people who can support you and how they can help. Reach out to them when you need encouragement.

This journal can serve as a personal roadmap and a source of motivation, helping you stay focused and resilient as you work towards your goals.