



## Station 2: Taking Steps

### MOVE

- Step from stone to stone.
- Only step on the big stones. Then only step on the small stones.
- Pick a color and only step on that color.

### DISCUSS

- What makes you feel successful?
- What makes you feel proud?
- What are your goals? Think about baby steps instead of giant leaps.
- How does it feel to challenge yourself?



### TAKE ACTION

- **Consider volunteering:**  
[Join a Heart of New Ulm Action Team](#)
- **Try these tools:**  
[Create Your SMART Health Action Plan](#)  
[Tools 2 Thrive from Mental Health America](#)



**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.