

A 5-DAY SOCIAL WELLBEING CHALLENGE



Rachael Kable

Hello and welcome to the fun 5-Day Social Wellbeing Challenge!

This Challenge is all about doing small but meaningful tasks that can help boost your social wellbeing.

*If you haven't already, be sure to listen to episode **265 of The Mindful Kind podcast** for extra guidance and ideas!*

Within these pages, you'll find three parts.

Part One: *The 5-Day Social Wellbeing Challenge to follow.*

Part Two: *BONUS social wellbeing activities to try.*

Part Three: *"Interesting Conversation Starters" to help you connect with people and have deeper conversations.*

I hope you enjoy the...

5-Day Social Wellbeing Challenge!

Feel free to continue to use this challenge whenever your social wellbeing needs a boost.

***With love,
Rach xx***

THE 5-DAY

SOCIAL WELLBEING CHALLENGE!

DAY

1

GREET PEOPLE AS YOU WALK

CHECK

Your first task is to go for a nice walk along a pathway or through a park or public garden and greet other people as you walk past them.

***OR** Organize a virtual catch up with a friend, and try to make it extra fun.*

DAY

2

DO SOMETHING KIND FOR SOMEONE ELSE

CHECK

Grab a coffee for a colleague, send a little gift to a friend, lend a book you enjoyed to a family member, say a genuine thank you to someone, or leave a thoughtful comment on someone's post on social media.

DAY

3

SEND OUT LOVE & COMPASSION TO OTHERS

CHECK

Simply rest your eyes on a person and think something along the lines of "I'm sending you love," or "I'm sending you compassion." You could even try this as you scroll through social media.

DAY

4

ASK SOMEONE HOW THEY ARE

CHECK

Call or send a message to a friend to simply ask them how they are.

DAY

5

JOIN A GROUP WITH COMMON INTERESTS

CHECK

Join a Facebook group or an online course or an in-person class with like-minded people or people with similar interests.

BONUS ACTIVITIES FOR SOCIAL WELLBEING

ONE

Join (or Start) A Book Club

If you don't know where to start, try the "Shelf Help Club" or "Believe Book Club" on social media.

TWO

Volunteer Your Time or Skills

One of my Mindfulness Made Easy students told me about how she was volunteering to teach English online – it made her feel like she was making a difference, and she met a range of interesting people!

THREE

Discover Your Love Language

Go online and take the Five Love Languages Test by Gary Chapman to find out your primary love language!

FOUR

Get Active

Enrol in a team sport or a walking group and socialise while getting active.

FIVE

Strike Up a Conversation

Strike up basic conversations when opportunities arise. For example, when you're buying your groceries, ask the person at the register how their day has been.

SIX

Go On a Day Trip

Organise a day trip with a friend or family member to a place you haven't seen before.

SEVEN

Learn About Relationships

Read a book that can help you improve your relationships, such as "Attached" by Amir Levine and Rachel Heller, "The Five Love Languages" by Gary Chapman, or "Hold Me Tight" by Sue Johnson.

INTERESTING CONVERSATION STARTERS

Below, you'll discover fun and interesting conversation starters to help you connect with people and have more meaningful conversations. Enjoy!

What is one thing you're glad you did in the last year?

What is the best book you've ever read?

If you had an entire day off, how would you like to spend it?

What is one thing you'd like to learn more about?

Where do you see yourself in the next five years?

What is one subject you wish you could have done at school?

If you didn't need to sleep, how would you spend your extra time?