



# Five-Minute Magic




Week: \_\_\_\_\_

big idea:


theme:

 take care of myself

 see what's out there



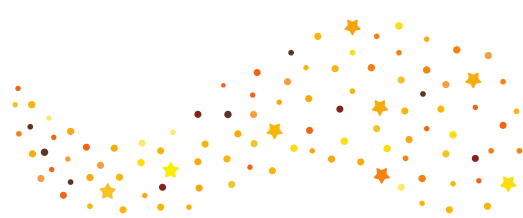
 outreach + reach out

 put myself out there





# A Few of Our Favorite Five-Minute Things...



Sometimes you just feel stuck! Sprinkle on some fairy dust with these five-minute-thing inspirations- or make up your own- and get into the flow. You may feel unstuck right away, or overwhelmed, or inspired to take on a big idea.

This practice can teach you something about yourself.

You may learn what you are hesitant to do. You may experience strong emotions.

This can lead you to an insight, a connection, or to your next right thing.



## take care of myself

- set an alarm for an early bedtime
- make a shopping list of 10 healthy foods
- give yourself a hand massage with oil
- take a power nap with your legs up the wall
- take ten deep breaths, three times
- journal about your strengths
- write a one sentence mantra
- walk around the yard or a park barefoot
- read a few pages of an inspiring book
- go outside and photograph a flower
- make a colorful smoothie
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- \_\_\_\_\_
- \_\_\_\_\_



## see what's out there

- google for non-profits that correspond with your interests, and bookmark those sites
- google innovative companies in your field and choose the most interesting one
- go to google scholar and type in terms related to your interests; save the first three references to read later
- go to a coffee shop and check out the business cards posted
- go to your almadader's website and see what alumni they are highlighting
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- \_\_\_\_\_
- \_\_\_\_\_



## outreach + reach out

- email a former professor and let them know what you're up to
- type an inspiring search term into instagram and follow the first 20 things you come across
- find a conference program from one you attended and look up five people on LinkedIn and connect with them
- text five positive friends to text you something positive from the news
- send an e-card to someone who has helped you
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- \_\_\_\_\_
- \_\_\_\_\_



## put myself out there

- make your first (or another) YouTube video, or sign up for an account
- record a video of yourself on your phone introducing yourself
- book a professional photo, or upload new photos to your social media
- update your LinkedIn tagline
- send your resume to an interesting company and tell them why you think they rock
- find a Facebook page for a cause you support
- attend a meet up in person or online
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- \_\_\_\_\_

So where does this lead you? Whether it's revamping your resume, designing an academic study, applying for a job, starting a company, or creating content, we have a single goal: to help you avoid burnout, and stagnation, and attain a sense of peace, purpose, and accomplishment.

Ready to reach out for a boost? We have fairy dust with your name on it.

Email us for a free consult and get officially unstuck: [info@widespreadwellness.org](mailto:info@widespreadwellness.org).

