

BELIEVE IN YOU

VARSITY // BRANDS



Use the boxes below to explore what self-care means to you. Think about the why, when, what, and how of self-care in your life.



Watch the Ted Talk, *Self Care: What It Really Is* to learn more. [[Video Link](#)]

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Use the boxes below to explore what mindfulness means to you. Think about the why, when, what, and how of mindfulness in your life.



Watch the Ted Talk, *All it takes is 10 mindful minutes* to learn more.

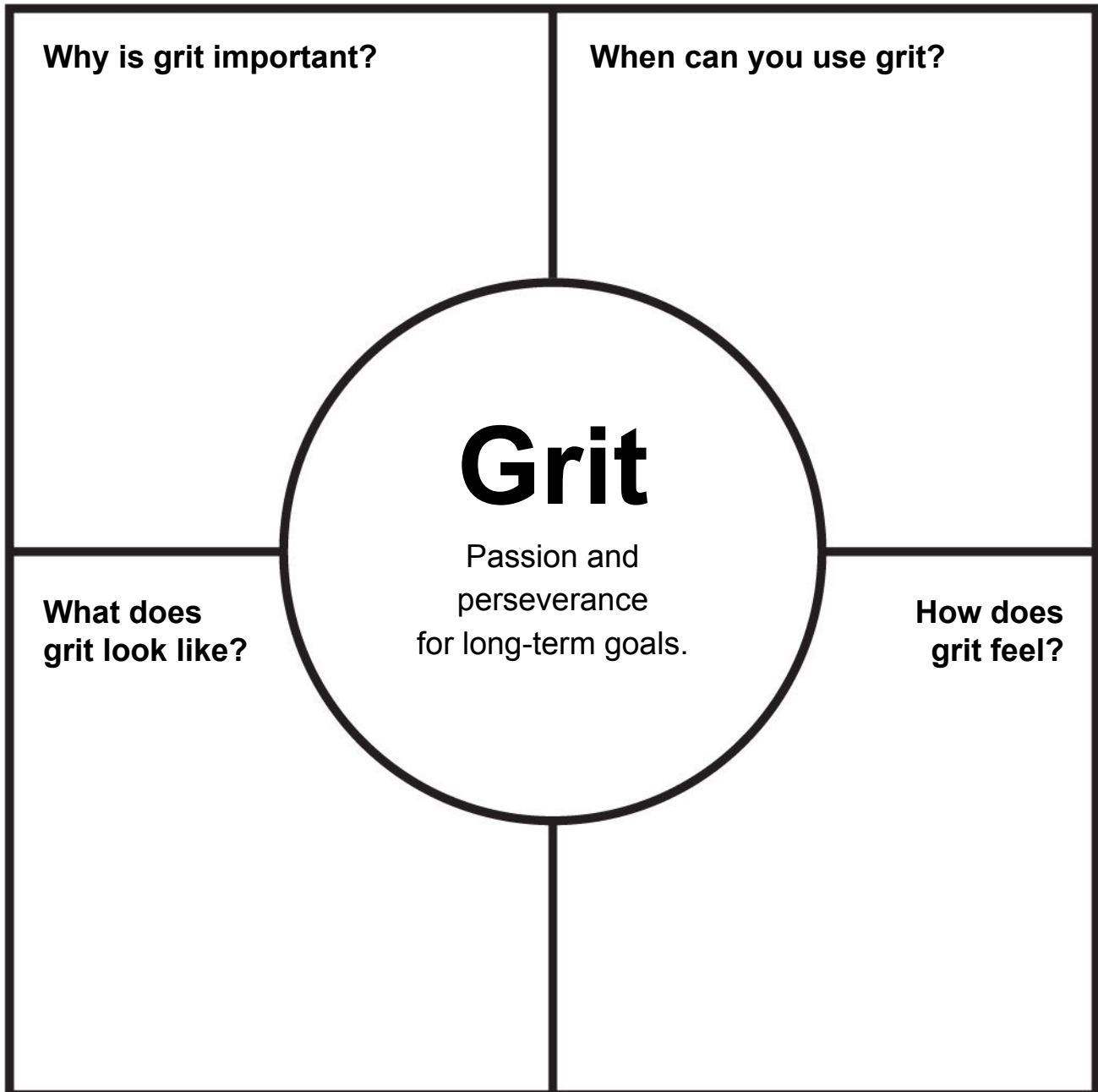
[\[Video Link\]](#)

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Use the boxes below to explore what grit means to you. Think about the why, when, what, and how of grit in your life.



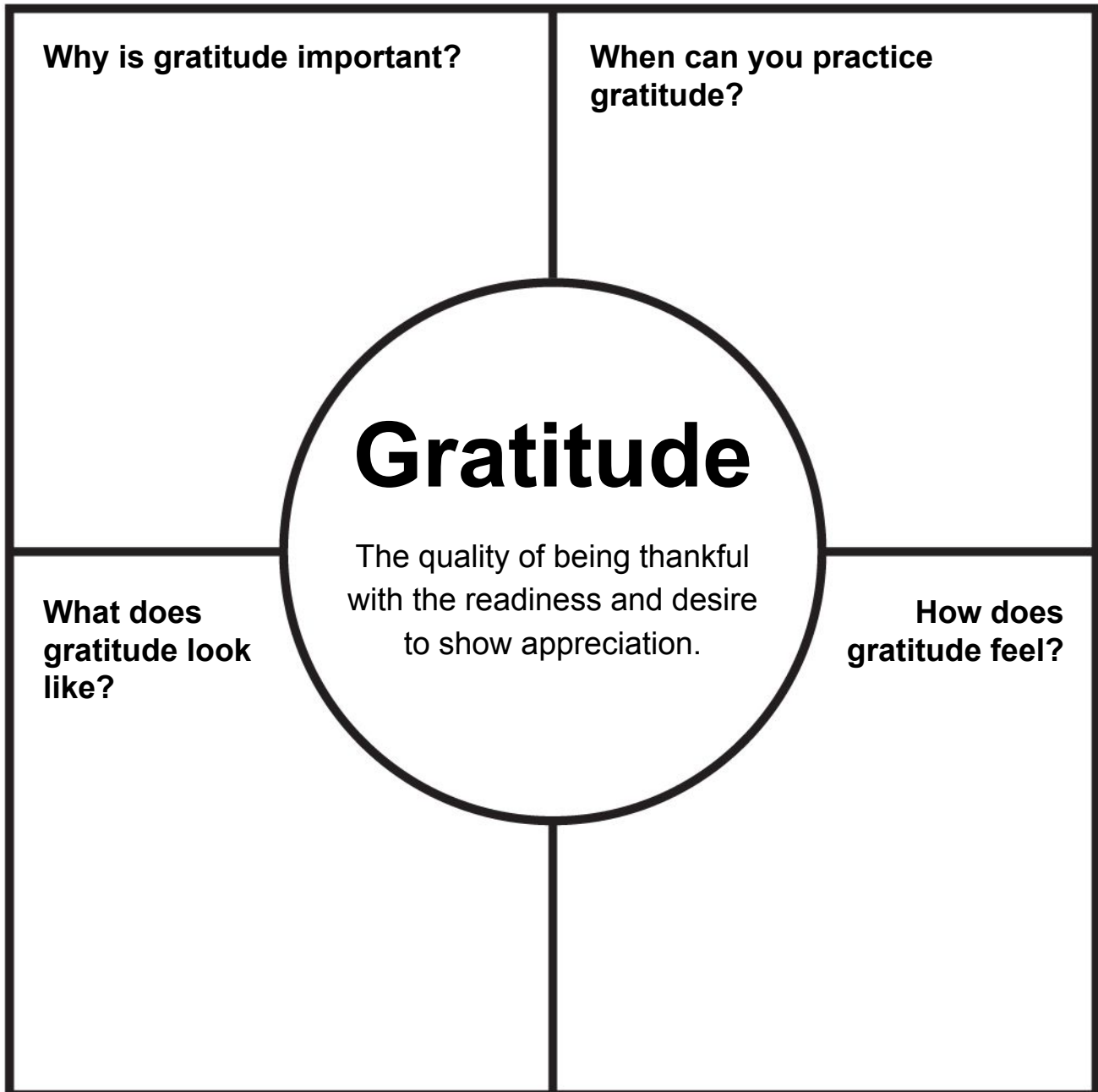
Watch the Ted Talk, *Grit: The power of passion and perseverance* to learn more. [\[Video Link\]](#)

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Use the boxes below to explore what gratitude means to you. Think about the why, when, what, and how of gratitude in your life.



Watch the Ted Talk, *Want to be happy? Be grateful!* to learn more.

[\[Video Link\]](#)