

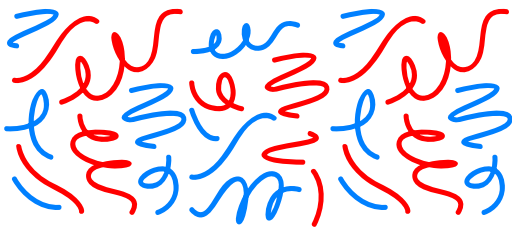
GET MOVING: A MENU OF OPTIONS

Movement of all kinds--breaking routines, learning new things, getting more physically active, subverting expectations in work and at home--can help us to activate more novel pathways and rhythms that set us on a new course.

Additionally, research suggests that merely moving in-sync with others is enough to forge different kinds of deeper social bonds than conversation or dialogue alone. From marching bands to sports teams to choirs, people form deeper bonds through doing--together.

So how will you get moving?

- | | |
|---|---|
| <input type="checkbox"/> Travel | <input type="checkbox"/> Identify your most common strategies or reactions--and choose to try a new way |
| <input type="checkbox"/> Take a walk in a new place | <input type="checkbox"/> Go for a bike ride |
| <input type="checkbox"/> Walk and talk with someone | <input type="checkbox"/> Listen to music with other people |
| <input type="checkbox"/> Play a team sport | <input type="checkbox"/> Play catch |
| <input type="checkbox"/> Find a new place for an old conversation | <input type="checkbox"/> Dance, alone or with someone |
| <input type="checkbox"/> Explore a new neighborhood or town | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Play with a child | <input type="checkbox"/> Find and practice a new hobby |
| <input type="checkbox"/> Get out into nature | <input type="checkbox"/> Plant a garden |
| <input type="checkbox"/> Plan or suggest an off-site activity with colleagues/work team | <input type="checkbox"/> Join a community garden |
| <input type="checkbox"/> Share a meal | <input type="checkbox"/> Learn an instrument |
| <input type="checkbox"/> Give a hug | <input type="checkbox"/> Ask yourself questions you don't know the answer to |
| <input type="checkbox"/> Join a choir | <input type="checkbox"/> Ask your counterpart questions you genuinely don't know the answer to |
| <input type="checkbox"/> Take an art class | <input type="checkbox"/> Talk out your visions before you start trying to problem solve |
| <input type="checkbox"/> Collaborate on a project | <input type="checkbox"/> Reflect on times you felt totally positively consumed by an activity you enjoy |
| <input type="checkbox"/> Cook with someone | <input type="checkbox"/> Remember a time you finished a project and couldn't wait to start on the next |
| <input type="checkbox"/> Cook something new and unfamiliar | <input type="checkbox"/> Remember a time when you felt excited just before you were about to reach a goal |
| <input type="checkbox"/> Volunteer | |



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REFLECT

Reflect on and learn from what moving feels like! What it does to your mindset, to your emotional experience, to your feelings toward others, to the way your body feels, to the way your brain feels.

This is a varied list that may even seem disorganized and random—and that’s the point. You just need to move. You can move your thinking, you can move your body, you can move your assumptions, you can move your comfort zone, you can move your skills, you can move your experiences. Just move.