

Wellness Icebreaker

Find someone in this group who is practicing a wellness activity listed below. Ask that person to describe her or his practice and tell what effect it has had on her or his life. Then have that person autograph the appropriate square on this sheet (ask for an e-mail address if you want to learn more about her or his practice). Try to get as many different autographs in as many squares as possible.

Gets physical exercise five times a week	Has a daily time of prayer, scripture and/or meditation	Reads for fun and relaxation
Worships regularly in church	Eats healthy	Keeps a list of financial goals
Pursues continuing education	Is an effective problem-solver	Develops close and lasting relationships
Practices sabbath	Sets personal goals	Communicates effectively with peers
Deals with loss in a healthy manner	Maintains close family connections	Expresses faith well
Saves for retirement	Smiles and laughs a lot	Takes days off and planned recreation time
Is a life-long learner	Committed to earth friendly practices	Is happy with their physical shape
Plans for end of life (will, final expenses, etc)	Lives a life aligned with values	Manages debt wisely