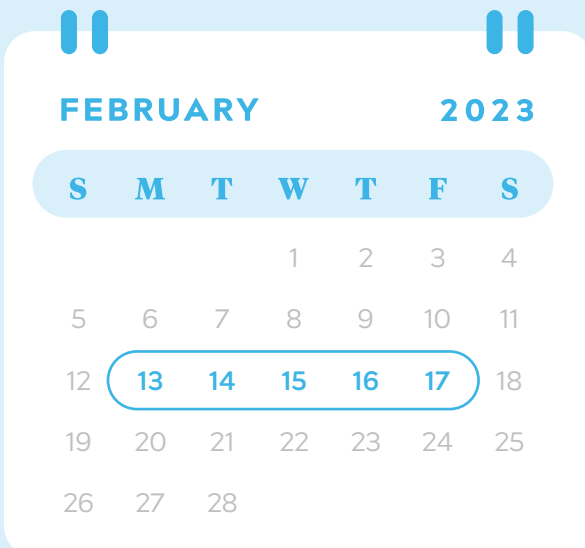




GBS HEALTH & WELLNESS

Intentional Inner Circle

Focus on being intentional with your relationships this month. If your loved ones aren't calling or checking in, don't assume they are okay. Reach out and connect to let them know you care. Continue reading this month's materials for tips on building an intentional inner circle.



Make Sure You Have Everything You Need

Take a minute to watch a quick video outlining this month's resources.

[Watch Now](#) ▶

February Mini Challenge

February 13th

Develop meaningful relationships by participating in valuable conversations. Ask more questions and genuinely listen while engaging in conversations.

February 14th

Be a reliable friend. Do one act of unprompted service for a friend or coworker today.

February 15th

Embrace shared interests and differences! Take an interest in things others care about. Ask questions or participate in a new hobby to make new memories with friends or family.

February 16th

Choose to forgive. Relationships are about learning and growing. You can't control others' actions, but you can control your reaction. Opt for forgiveness over bitterness and let something go today.

February 17th

Jot down important details. Start a running list in your phone for gift ideas, favorite snacks or birth dates.

Movement of the Month

Tricep dip and glute bridge challenge! Complete 15 of each of these exercises adding 5 each day for the whole month of February. Recruit a friend or loved one to join you. Help keep each other accountable and enjoy the company as you exercise!