



Vision Boards

This can be a lot of fun, and also very encouraging. You can do it with a group, or solo, but I recommend we always share them with others and encourage them to make their own! Creating a physical representation of the goals and ideas you have, will prove it's own worth. Create something you feel connected to that will motivate you when you need it!



Standing Ovation

This can be effective either as a group or solo. They achieve very different results depending on how you participate. If you are doing this alone, the goal is to create an understanding within you that you deserve praise. Learning to give yourself praise will help in your confidence and self esteem. When you do this exercise as a group it can help you learn encouragement and also to be humble while accepting of praise from others.



The Ball in The Air

This is a great team-building exercise that any of us have played as kids. It is a simple game, but what we take from it can be deep and lasting. You can learn trust, dependence, and also rely on others healthily and progressively. Communication can be worked on, and also learning how to play to others' strengths and weaknesses. If you have never done this exercise, I highly recommend it. You can do it with friends, family coworkers, or even classmates!