



GETTING TO GOOD

A MONTHLY NEWSLETTER

From thoughtful questions to mindful practices and spirituality, **Getting to Good** offers ways to find balance and thrive throughout the academic year .



7 Days

In a journal, on your phone, in your planner, write down at least one **favorite thing** from your day for **a week** straight.



A Grateful Heart

"I have arrived.
I am home.
In the here.
In the now.
I am solid.
I am free.
In the ultimate I dwell."
Thich Nhat Hanh



Think About It

What are my best qualities?
What kinds of good & beautiful things am I experiencing in this moment?
What would happen if I didn't try to control my future?



Mind Your Mind with Doodling

Doodling gets a bad rap but studies show it helps with concentration, process emotions, alleviate stress, with big picture thinking and helps you learn better.

Get Your Doodle on this September in **Shea** on the first floor by the computers & printers. A doodle landscape with suggestions for doodle patterns and colored pencils wait for you!

KINDNESS: What is one kind wish you would make for a loved one? A stranger?
Someone who frustrates you? Yourself?