

**BITE
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GRATITUDE



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Thankfulness. Gratitude.

It's kind of a **BIG** deal!

Whether it's something small like a winking face emoji or something bigger... like going on a holiday, the more you appreciate the good, the more you will start to see...

... and feel the good.

To activate and learn how to feel happier, more optimistic and boost your physical health, scan the QR code now.



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Photo by Midas Hofstra



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Photo by Leo Ell



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**MENTAL
FITNESS**



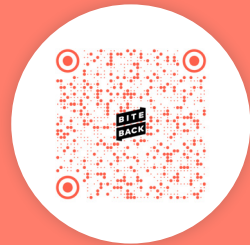
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Mental Fitness Challenge



Are you getting the most out of life or are the good times passing you by? Want to improve your friendships, learn how to deal with stress, as well as how to set goals and stick to them?

Lets find out how together, scan the QR code now.

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Photo by Taa Heftiba



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CHARACTER STRENGTHS

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So what are your

STRENGTHS?

Want to know how to be happy? How to build confidence? What to do when feeling sad? When you focus on your strengths you're more likely to be more motivated, capable, and up for life's challenges.

Identifying what your strengths are, and then using them, is a great boost, so scan the QR code now.



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Photo by JodyHongFilms



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