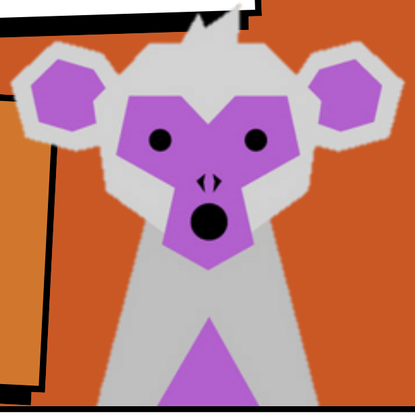
BALANCE IS IMPORTANT TOO!





REST AND RECREATION IS VITAL TO BOOST OUR CREATIVITY, ENERGY AND PRODUCTIVITY, REDUCE STRESS, AND BUILD LIFELONG MEMORIES

MASCOTS KEY STRENGTHS

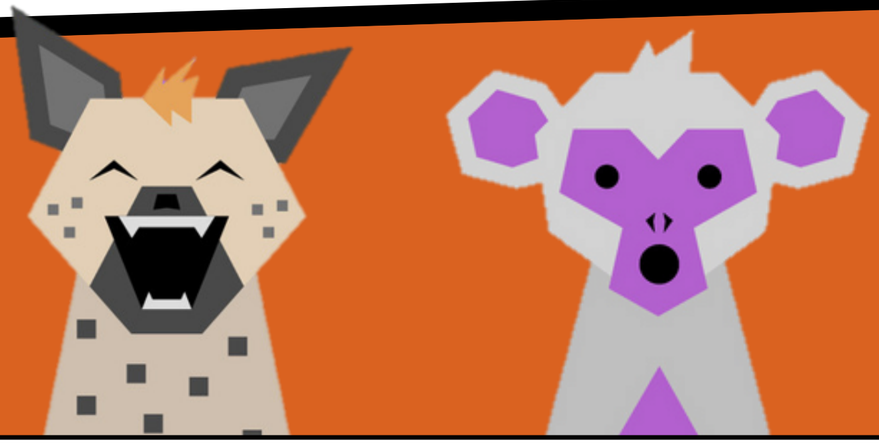


HUMEROUS HYENA MAKES THE BEST OUT OF EVERY SITUATION, LIFTING OTHERS THROUGH HUMOUR AND GOOD SPIRIT, EVEN IN DIFFICULT TIMES. A DAY WITHOUT LAUGHTER IS A DAY WASTED!



CURIOUS MONKEY LIKES TO TRY NEW THINGS WITH ENTHUSIASM AND EXCITEMENT. HE WILL GIVE EVERYTHING A GO, ACCEPTING CHALLENGES, EAGER TO LEARN, BUILDING LIFELONG MEMORIES.

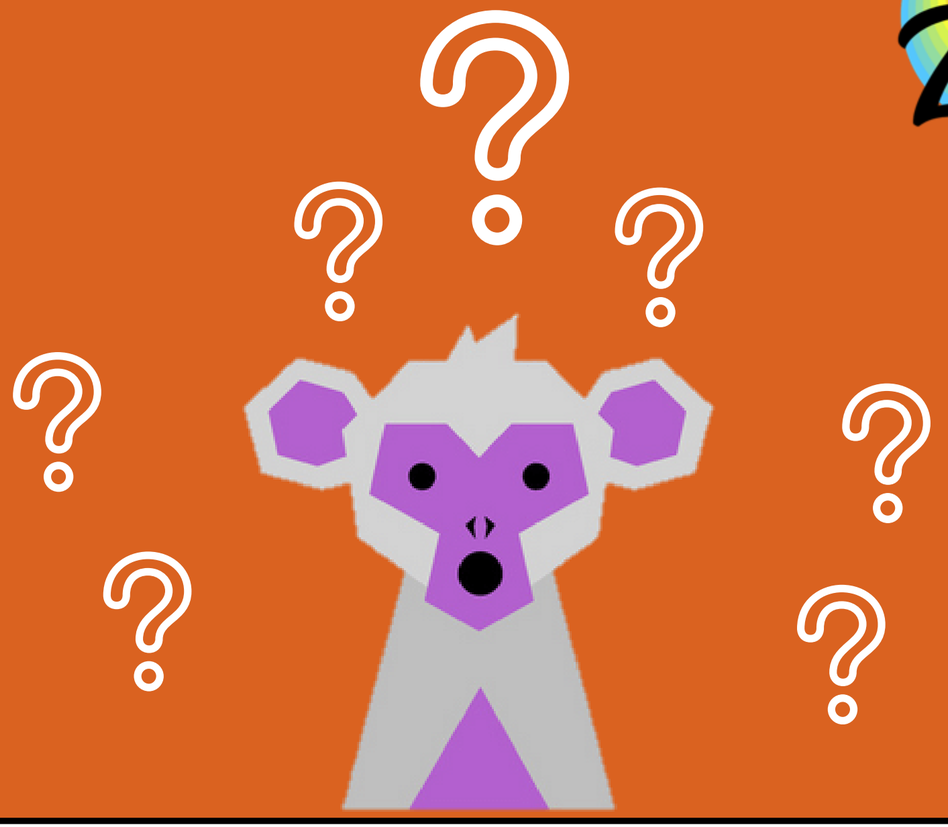
WORKING TOGETHER



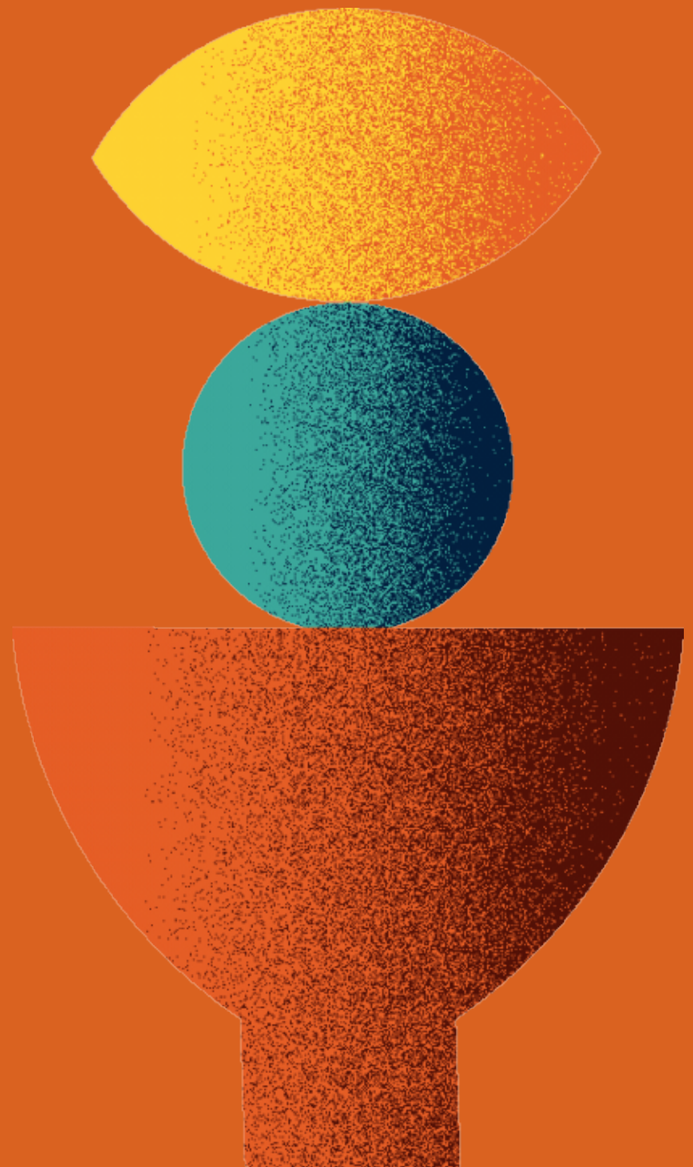
THEY COME TOGETHER TO REMIND US OF THE IMPORTANCE OF FUN, RELAXATION AND DOWNTIME, BUILDING LIFELONG MEMORIES WITH FAMILY AND FRIENDS, TRYING NEW EXPERIENCES AND HAVING A GREAT LAUGH. REST AND PLAY ALLEVIATES STRESS, STRENGTHENS FRIENDSHIPS, ADDS EXCITEMENT AND HELPS PEOPLE GET THROUGH HARD TIMES. IT ALSO HELPS CREATIVITY TO FLOW. ITS EASY TO FEEL DEEP GRATITUDE AND APPRECIATION FOR ALL YOU HAVE DURING THESE TIMES



HUMOUR HELPS PROVIDE EMPOWERMENT AND BUILDS CONFIDENCE



THE MIND OF THE CURIOUS IS ACTIVE. CURIOSITY IS AN IMPORTANT INGREDIENT IN THE PROCESS OF LEARNING AT EVERY AGE!



BALANCE IN LIFE IS NOT ABOUT ACHIEVEING UNREALISTIC PERFECTION

ITS ABOUT FINDING SUSTAINABLE WAYS TO DO WHAT YOU NEED AND WANT TO DO!







START BY WRITING A BUCKET LIST OF ALL THE THINGS YOU WANT TO EXPERIENCE, AND PLACES YOU WANT TO GO. PERHAPS ORGANISE SOME FUN SOCIAL ACTIVITIES WITH FRIENDS? OR PLAN SOME RELAXATION TIME READING A GREAT BOOK OR WATCHING A FAVORITE MOVIE



START WRITING DOWN ALL YOUR FUN ACTIVITIES AND PURPOSEFUL RELAXING EXPERIENCES ON YOUR WHEEL OF ZING, AND WATCH IT SHINE!

YOU MAY ALSO WANT TO DOCUMENT THESE GREAT MEMORIES, INCLUDING SOME PHOTOS, ON YOUR GRATITUDE PAGE, TO REMIND YOU OF THE AMAZING THINGS IN YOUR LIFE