

# Growth Mindset

Follow Project Persevere on Instagram @eim\_ru for daily messages and invites.

Week of: **March 30**

"Becoming is better than being"- Carol Dweck

	EIM 3/30 MONDAY	NCC/EIM 3/31 TUESDAY	EIM 4/1 WEDNESDAY	NWI/EIM 4/2 THURSDAY	EIM 4/3 FRIDAY	NCC/EIM 4/4 SATURDAY	Community Shoutouts/ NWI 4/5 SUNDAY
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	T.H.R.I.V.E. Tip	Healthy Eating Tip	T.H.R.I.V.E. Tip		T.H.R.I.V.E. Tip	Healthy Eating Tip	
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM	Upper Workout/ <b>NCC Netflix Party: What the Health</b>	Active Recovery	<b>IG Live Workout W/ Kourtney</b>	Active Recovery	Lower Workout	Active Recovery	
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM		Healthy Cooking Tip				Easy & Healthy Recipe	
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM	Instagram Poll: "Who do you want for next weeks mini clinic?"		20 minute mini-clinic + Q&A – CJ Appenzeller		Zoom Virtual Happy Hour – Led by Colin O'Hara		Will/Mike/Danielle/Angelique – Go Instagram Live for weekly recap, announcement of next week's content!
8:30 PM-Later				--- --- ---			