



The Goldie Hawn Foundation

Mind UP with Goldie Hawn

Building Bridges and Healthy Minds

DR. JACQUELINE L. SANDERLIN

The WHY NOT? Challenge

**SAY "YES!" TO SUCCESS WITH
COMMUNITY-SCHOOL PARTNERSHIPS**

Dr. Sanderlin ("Dr. Jackie") believes that all schools, especially those in communities with few resources, should develop a "Why Not?" attitude when it comes to what their students can accomplish. Where do funding and other resources come from to realize your students' dreams? The partnerships that you form in your community with businesses and organizations.



Why Not Challenge

Daily Habits inspired by MindUP

Do your best to complete this form out daily. If you missed a day, just go back and try and stay on course thereafter.

Day	Why Not Habits	Daily Journal Notes
Mindful Monday	Take mindful brain breaks throughout the day to promote brain health and focus.	
Transformational Tuesday	List ONLY 1-3 things about you that you will try and change or develop. (i.e., thinking, actions, words, attitude, perceptions, etc.)	
Winning Wednesday	Chart your wins this week. List any wins or successes you have had already this week!	
Thankful Thursday	Gratitude: Take time to thank someone today who added value to your life? Who is that person and why?	
Fun Friday	Focus on YOU! Have fun today. Laugh, dance, sing, and/or be joyful.	

Thank You

For additional resources, check our website at www.mindup.org

For questions about MindUP trainings, email us at hello@mindup.org

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