

# PIVAS

## PERSONAL IMPROVEMENT VISIONARY AWARDS

**Mission:** The mission of the awards is to bring awareness of a woman's ability to lead others by showing what it takes to be able to show up and fight for maintaining strong mental health. The awards are meant to acknowledge a woman to feel valued for these endeavors and to award the appreciation her own efforts in providing for herself first and foremost so that she may also then provide for her family, friends, livelihood and community. It starts with being aware of your needs and desires in order to be your best self, i.e. understanding and learning what satisfies you physically, mentally, emotionally and spiritually.

### Categories:

- 1) Physical
- 2) Mental
- 3) Emotional
- 4) Spiritual
- 5) Professional
- 6) Practical & Financial
- 7) Social & Community

### Point System:

- 1) Bronze Award: 100
  - 2) Silver Award: 250
  - 3) Gold Award: 350+
- 14 points per week max
  - no more than 50% points can come from 1 category

### Reporting:

- 1) Monthly Reporting
- 2) July 31st deadline
- 3) Awarded presentation at Nationals

# PHYSICAL

- BEING ACTIVE (WALK, RUN, FITNESS CLASS)
- RELAXING BATH
- MASSAGE OR FOOT REST
- TAKING A NAP WHEN NEEDED
- DANCING OR SINGING TO YOUR FAV SONG (POST ON SM)
- ANY ACTIVITY THAT MAKES YOU PERSONALLY HAPPY (15 MIN)
- NUTRITION: HAVING 5 SERV. OF FRUITS AND VEG IN A DAY
- DRINK AT LEAST 85 OZ. OF WATER A DAY

# MENTAL

- LISTENING TO A PODCASE OR DOCUMENTARY
- TRYING A NEW HOBBY
- GOING TO MUSEUM, GALLERY, NICE MEAL OUT
- READING A BOOK
- WRITING A POEM
- DOING A PUZZLE OR PLAYING GAME (30 MIN)
- DRAWING/PAINTING A PICTURE
- PLAYING AN INSTRUMENT

# EMOTIONAL

- JOURNALING FOR AT LEAST 15 MIN
- TALKING TO COACH, THERAPIST, MENTOR
- UTILIZING AFFIRMATIONS/MANTRAS (POST OF SM)
- MEDITATION AT LEAST 10 MIN
- PRACTICING GRATITUDE
  - SHARE WITH SOMEONE THAT YOU ARE GRATEFUL FOR THEM
  - REFLECT FOR 15 MIN ON YOUR DAY, WEEK, LIFE AND EVERYONE/EVERYTHING THAT HAS POSITIVELY ADDED

# SOCIAL/COMMUNITY PRACTICAL/FINANCIAL

- HAVING A PHONE CALL/VIDEO CALL WITH LOVED ONE/FRIEND
- CUDDLE WITH A PET
- WRITE A CARD AND MAILING IT TO SOMEONE IN THE COMMUNITY
- GOING ON A DATE
- HOSTING A GET-TOGETHER (EVEN IF ONE-ON-ONE)
- HAVING A GAME OR MOVIE NIGHT WITH YOUR CHILDREN
- ORGANIZING ROOM OR CLOSET
- MEAL PREP
- MTG WITH FINANCIAL PLANNER
- ORG. YOUR EMAIL INBOX
- MAINTAIN A WEEKLY SCHEDULE
- CREATE A BUDGET
- KEEP A DAILY AGENDA

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# PROFESSIONAL SPIRITUAL

- TAKING A LUNCH BREAK
- SPENDING TIME WITH COWORKERS
- NOT TAKING WORK CALLS AFTER WORK
- SET WORK HOURS (FOR ENTRE.)
- TAKING A MENTAL HEALTH DAY WHEN YOU NEED IT
- GETTING A PROMOTION/FINDING A JOB ALIGNED WITH YOUR PURPOSE/PASSION
- TAKING A COURSE, ATTEND CONF., WORKING WITH MENTOR (1 POINT PER HOUR)
- SPENDING TIME IN NATURE (20 MIN)
- ENGAGING IN PRAYER OR ATTENDING A WORSHIP SERVICE
- DOING YOGA (30 MIN)
- VOLUNTEERING FOR A CAUSE
- CREATING A VISION BOARD
- DOING SOMETHING THAT INSPIRES YOU

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# ADDITIONAL POINT ACTIVITY

- **WEEKLY PRIME SELF CARE CHALLENGES (4+ POINTS)**
- **ATTEND A PRIME ZOOM MTG-2 POINTS**
- **ATTEND PRIME QUEEN MTGS-2 POINTS (QUOFFEE, QUEEN STORMING SESSIONS)**
- **PRESENT ON A SELF CARE TOPIC-5 POINTS**
  - **VIRTUAL OR IN PERSON**
- **ATTEND AN EVENT ON SELF CARE TOPIC-5 POINTS**
  - **VIRTUAL OR IN PERSON**
- **QUEEN N GREET: FOR JULY 1-JULY 31 ONLY**
  - **1 POINT DAILY: TEXT QUEEN**
  - **2 POINTS DAILY: CALL QUEEN**
- **ACCOUNTABILITY CHALLENGE:**
  - **FOR JULY 3-JULY 30 ONLY**
  - **20 EXTRA POINTS FOR MAKING IT TO JULY 30TH**
- **SPONSOR CHALLENGES**
  - **POST REGARDING THE BENEFITS OF WORKING WITH A PRIME OR PERSONAL STATE SPONSOR**
    - **1 POINT: POST TO SM**