

Subject: Keep the momentum going beyond the Flourish Challenge!

Hi all,

Congratulations on completing the Flourish Challenge! I hope this experience has shown you that **happiness and well-being are skills you can learn through practice**. With just a few minutes each day, you can bring more intention and joy to your life—and brighten someone else's day too.

Even though the challenge is coming to an end, don't let the good momentum you've built stop here!

- 1) Keep practicing the strategies you've learned so far with the Flourish app.
- 2) You can also subscribe to their [blog](#), where the psychologists who created the Flourish app regularly share well-being tips and insights on building AI for well-being.
- 3) Consider sharing the Flourish app with your family or friends. Those are the people who have a major positive impact on your health and well-being. Find ways to support one another in your daily lives!

I hope you've enjoyed the Flourish Challenge. If you have any feedback, comments, or suggestions, please share them with me or the psychologists who designed the Flourish app at xuan@flouriship.com and julie@flouriship.com.

Flourishingly,

[Your name]