

Wellness

CHECK LIST

- MOVE THE BODY FOR 10 MINUTES A DAY (WALKING/CLEANING/STRETCHING)
- DRINK AT LEAST 1L OF WATER BY MID AFTERNOON
- TIDY 1 LIVING AREA TO CREATE 'EMOTIONAL SPACE'
- PLAN DINNER FOR THE WEEK
- GET SWEATY AT LEAST ONCE A WEEK
- TAKE LUNCH TO WORK!
- DO ONE CHORE YOU'VE BEEN PUTTING OFF
- GRATITUDE LIST OF 5 THINGS YOU LOVE ABOUT LIFE
- NO PHONE 10 MINS BEFORE BED
- NO PHONE 10 MINS AFTER WAKING
- SPEND 10 MINUTES LOOKING AT A BODY OF WATER
- WRITE DOWN 3 SHORT-TERM GOALS
- GO FOR A 60 MINUTE WALK
- TAKE YOURSELF ON A 'ME' DATE (COFFEE, PLANT SHOPPING ETC)
- FULL BODY PAMPER (FACIAL, HAIR, BATH ETC)