

31 DAYS TO FOCUS ON YOU

BODY

Exercise each day

Take a long slow stretch when you wake up each morning

Eat more vegetables & less processed foods

Take a walk or hike with a friend

Increase your daily water intake to keep hydrated

Get more sleep and schedule an early night

Schedule your annual medical check up

Prepare a healthy meal & really savour the taste

Eat some dark chocolate

Have a massage

Practice Yoga

MIND

Chill out & watch a favourite movie

Sit in the sun & read a book

Have a technology free day each week

Try something new

Plan a holiday or take a day trip

Relax in a bubble bath, have a mani/pedi

Take time to breathe and just be in the moment

Watch a sunrise or sunset

Confide in a friend if you are feeling down

Arrange a lunch or dinner with family & friends

SPIRIT

Choose a mantra or favourite quote. Write it down. Put it on your mirror as a daily reminder

Take 5 each day to reflect and give thanks

Show some act of kindness

Listen to music to soothe your soul

Laugh out loud more. Bring more laughter into your day.

Plan a weekend retreat

Meditate each morning

Write 5 things you love about YOU.

Spend more time in nature

Volunteer your time - helping others is so rewarding