

June 2019 - #junkfreeforjune

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Take control of your Inbox. Unsubscribe if necessary.
2 Take control of your wardrobe – Keep, Give, Throw	3 Take control of your pantry – replace processed foods with fresh	4 Take control of your bathroom – remove what you aren't & won't use	5 Take control of your health – Cut down on sugar intake	6 Take control of your kitchen clutter – find those lids to match the bottoms	7 Take control of your mental health – meditate or sit quietly and reflect	8 Take control of your physical & mental health – go for a walk
12 Take control of your snacks for the week	10 Take control of your eating – Plan your meals for the week	11 Take control of your weekend – plan some relaxation time	12 Take control of your eating – prep your snacks for the week	13 Take control of your finances – work out a budget you will stick to.	14 Take control of your Social Media – have a SM detox day	15 Take control of your body - STRETCH
16 Take control of your health – make an appointment for a check up	17 Take control of your habits – replace unhealthy habits with healthy	18 Take control of your body – try a detox for a day to cleanse	19 Take control of your mental health – practice more mindfulness	20 Take control of your diet – try a Meatless Monday	21 Take control of your spiritual side – practice gratitude	22 Take control of your social life. Don't overcommit your time.
23 Take control of your environment – what can you recycle?	24 Take control of your friendships – walk away from toxic relationships	25 Take control of your fitness – introduce a daily 30 min workout of your choice	26 Take control of your eating – prep some healthy meals for the week	27 Take control of your alcohol intake Incorporate regular alcohol free days	28 Take control of your possessions – donate what you don't need	29 Take control of your time – review your schedule and prioritize
30 Take control of your self care – love and appreciate who you are.						

Declutter your life – mind, body and soul

SIZZLING TOWARDS 60 & BEYOND