



Fully Focused

- Calm your mind...BREATHE...inhale for 4 seconds...hold for 7 seconds...exhale for 8 seconds.
- Take small steps to replace a bad habit with a healthy one.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Do an activity that gets your heart rate up, maybe a dance break.	2 Watch a sunset or sunrise.	3
4	5 Make a list of 10 positive things about yourself.	6 Limit simple sugar and simple carb foods. This means anything made with white sugar or white flour.	7 Start a journal. Write 3 good things every evening.	8 Replace a news broadcast with a funny video.	9 Organize a room, desk, drawer or closet.	10
11	12 Stop. Be still. Focus on your breathing for 3 minutes.	13 Track your screen time to see how many hours you spend in front of a screen.	14 Put your phone on airplane mode when you walk in the door of your home.	15 Make a conscious decision to only eat food that is good fuel for your body.	16 Take a walk outside. Listen to the birds. Look at the stars.	17
18	19 Give yourself a break. Forgive yourself. Be patient with yourself.	20 Try a relaxation app such as Calm or Insight Timer.	21 Read labels. If there are words you cannot pronounce or more than a few simple ingredients, put it back on the shelf.	22 Send an encouraging text to 5 co-workers.	23 Get rid of 3 things you never use.	24
25	26 Establish a routine. Schedule your day.	27 Eat a healthy breakfast.	28 Unsubscribe from unnecessary emails.	29 Listen to your favorite music.	30 Find an online workout or yoga session and include your family.	1

EATWell

Swap a processed food each day for a whole food:
 Mayo→Hummus, Pasta→Veggie Spirals, Chips→Carrots or Celery, White Rice→Quinoa.



MOVEWell

Substitute 30 minutes of screen time for a physical activity (walking, hiking, yoga, at-home workout).



LIVEWell

Be Still.
 Be Present.
 Be Mindful.

