



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 |
|--------|---|---|---|--|--|----------|
| 27 | 28 | 1 | 2 Watch a sunset or sunrise. | 3 Make a list of 10 positive things about yourself. | 4 Limit simple sugar and simple carb foods. This means anything made with white sugar or white flour. | 5 |
| 6 | 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 Stop. Be still. Focus on your breathing for 3 minutes. | 11 Track your screen time to see how many hours you spend in front of a screen. | 12 |
| 13 | 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 Give yourself a break. Forgive yourself. Be patient with yourself. | 18 Try a relaxation app such as Calm or Insight Timer. | 19 |
| 20 | 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 Establish a routine. Schedule your day. | 25 Eat a healthy breakfast. | 26 |
| 27 | 28 Unsubscribe from unnecessary emails. | 29 Listen to your favorite music. | 30 Find an online workout or yoga session and include your family. | 31 Do an activity that gets your heart rate up, maybe a dance break. | 1 | 2 |

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.

