



# 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
29	30	31	1 Do an activity that gets your heart rate up, maybe a dance break.	2 Watch the sunset or sunrise.	3 Make a list of 10 positive things about yourself.	4
5	6 Begin to clean out your pantry of processed foods. Don't purchase any new ones.	7 Start a journal. Write 3 good things every evening.	8 Replace a news broadcast with a funny video.	9 Eat a healthy breakfast.	10 Read labels. If there are words you cannot pronounce or more than a few simple ingredients, put it back on the shelf.	11
12	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 Give yourself a break. Forgive yourself. Be patient with yourself.	18
19	20 Try a relaxation app such as Calm or Insight Timer.	21 Stop. Be still. Focus on your breathing for 3 minutes.	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
26	27 Organize a room, desk, drawer or closet.	28 Unsubscribe from unnecessary emails.	29 Listen to your favorite music.	30 Find an online workout or yoga session and include your family.	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

