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happy ✶ healthy ✶ productive

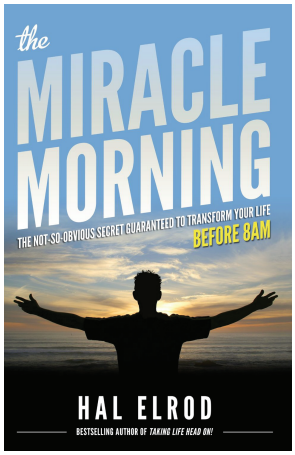
February 2014 Newsletter

14 Wellness Reminders

1. Get enough sleep each night to function the next day.
2. Stretch each morning and say something you are grateful for.
3. Start everyday with the intention of having an amazing day!
4. Say no whenever your body needs you to.
5. Drink plenty of water.
6. Eat things your body will thank you for.
7. Do something stimulating and creative.
8. Take a deep breath and allow your mind to wander for a moment.
9. Call someone you care about just to say hello.
10. Exercise! Walk, run, do yoga- get moving!
11. Take a second to focus on your needs and nothing else.
12. Give yourself a moment of silence.
13. Turn off your phone and disconnect.
14. Meditate on the good, positive and joyful things in life.

Motivation and Inspiration Corner

Faith is taking the first step even when you don't see the whole staircase.
~MLK

Recommended Read

The Miracle Morning
by Hal Elrod
Available on Amazon.com