



COMMIT TO LIVING YOUR BEST LIFE

10 things you can do today to live your best life and help you thrive.

Here are my top 10 things you can incorporate into your daily and weekly routines to help you stay healthy and live your best life.

- 1 WAKE UP EARLY** Wake up a bit early to get a jumpstart on the day- Get up at least 30 minutes to an hour earlier than everyone else in your household - use this time to work on your goals & dreams or self-care. Read a book or the bible, meditate, workout, or write. Taking this time says that you value self-care. This may mean going to bed earlier. *Please note: This does not apply to parents with babies or night shift workers. Just sleep as much as you need. There will come a day when your baby starts sleeping more and you can then incorporate this extra 1/2-hour into your morning routine.
- 2 GET SWEATY** Do something active EVERYDAY for a minimum of 30 minutes per day. We aren't made to sit all day and so many of us are hunched over computers & screens all day. Do an online workout (tons of free ones on youtube), make a date to walk at lunch with a friend, take the family on a post-dinner bike ride, attend a yoga class. I also love working at my standing desk for at least half the day with my Varidesk setup.
- 3 BREAK A HABIT** Give up one category of unhealthy food for 30 days (eg. diet soda, fried foods or baked goods). In 30 days it becomes a habit and your body will no longer crave it. Work on removing one unhealthy food group per month. Don't cheat.
- 4 WATER** Drink half your body weight in oz. of water per day. For example if you weigh 140 lbs you need to drink at least 70 oz of water a day. I like to fill up a big glass container in the fridge every other day and refill my water bottle a few times of day.
- 5 DATE NIGHT** Schedule a date night once a week (or at a minimum once per month) - with your partner/spouse, with a dear friend or with yourself. Get out of the house and take a break. *Again this is tricky if you have little ones - we are fortunate to be at a stage where we no longer need expensive babysitters. If there is money in the budget for a sitter, see if they can come one night a week (weeknights are generally less expensive for sitters and less crowded at restaurants). Or see if you can trade babysitting with another couple. Often times we'll just go for a hike or bike ride and pack a picnic. Just something to break up the daily routine a bit makes such a huge difference.
- 6 PRACTICE GRATITUDE** This can take on any form you want. It could be during your morning meditation practice or in a journal at the end of the day. But naming 3 things you are grateful for that day is key in appreciating and thriving in life.
- 7 GREEN SMOOTHIE** I have a #fab4smoothie almost everyday with a dose of greens, protein, fiber and fat. Join in on our 30 days of Green Smoothie challenge (download the plan on our website). *#fab4smoothie breakdown from @bewellbykelly: Protein (20g min.) + Fiber (10g min.) + 1 Tbsp. Fat + Handful Greens + 1/4 Cup Fruit + Superfoods + Liquid*
- 8 FAMILY DINNERS** This time together is so important and it's a non-negotiable in our house. Even if we have to eat later once everyone is home we eat together. Ps. the kids help—either with meal prep or clean up. There are no phones at dinner and we all share our highs and lows and funniest thing that happened that day and something we are grateful for or excited for.
- 9 PHONE-FREE BEDROOMS** Don't bring your phone into the bedroom. Snuggles > Scrolling. Enough said.
- 10 SLEEP** It's so important to get 7-8 hours a sleep a night. There is so much research that shows that a lack of sleep negatively affects performance, physical health and mental well-being. Again, this may mean going to bed earlier. I aim to be in bed by 10pm (if not earlier for more makeout time). ;)