



RISE EARLY



DRINK MORE WATER



SWEAT DAILY

EAT BREAKFAST DAILY



DO YOGA

COMMIT TO MAKING THIS YOUR BEST YEAR EVER.

STOP WISHING. START DOING. BREATHE.

WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR



STAY OFF YOUR PHONE FOR THE NEXT 30 MINUTES & GET TO WORK.

TAKE A BREAK FROM SOCIAL MEDIA

COMMIT TO BEING PRESENT

ORGANIZE YOUR SPACE

GET RID OF THINGS THAT YOU DON'T USE OR NEED.



DON'T BRING ELECTRONICS INTO YOUR BED



DON'T WATCH TV FOR MORE THAN ONE HOUR PER DAY.

CHANGE THE TOPIC OF STRESS TO A STORY OF JOY

SPEND DINNER TOGETHER AND TALK ABOUT EVERYONE'S DAY.



GO ON ADVENTURES ENJOY THE JOURNEY.