

S	M	T	W	T	F	S
				1 Drink 2-3Litres of Water	2 Go for a 30-45 Minute Walk	3 List 3 things you are grateful for
4 Buy a good quality probiotic and take daily	5 List 3 things you love about yourself	6 Go to bed 1 hour earlier than usual	7 Start today with your favourite song	8 Treat your self to a long hot bath before bed	9 Diffuse your favourite essential oil while having your breakfast and morning coffee/tea	10 Watch your all time favourite movie
11 Listen to a motivational podcast	12 Buy a new book or magazine and read it in bed	13 Start your day of with a warm glass of lemon water	14 Say something kind to yourself in the mirror this morning.	15 Go for a walk on a new or different track	16 Have a teaspoon or 2 of apple cider vinegar in warm water	17 Treat yourself to a green juice
18 Get off your phone at least an hour before bed	19 End your day listening to relaxing music while doing some gentle stretches	20 Diffuse Lavender essential oil whilst going to sleep.	21 Spend 30 minutes outside in the sunshine today	22 Set your alarm 30 minutes earlier than normal – you can be so productive in the mornings!	23 Change up your lunch – Have a healthy smoothie instead	24 Try a new healthy recipe
25 Plan the week ahead – write out your goals and to do lists	26 Try to eat something green with every meal today	27 Get your chiropractic adjustment!	28 Buy a mindful colouring book and set aside 30 minutes throughout the day to do it.	29 Download the smiling mind app – try a meditation before bed.	30 Buy a bottle of kombucha with lunch instead of that soft drink or juice – great for our tummies!	31 You made it to the end of another month take 5 minutes to yourself and focus on your breathing.