

Easy Tips to Kickstart Your Wellness in Body, Mind & Spirit

Principles of Wellness

- ✿ Make it Meaningful
- ✿ Easy Does It
- ✿ Progress Not Perfection
- ✿ Daily Improvement



An Easy Start to a Vibrant Day

Expand Your Horizons

- ☐ Wake and rise early, preferably with the sun
- ☐ Look out the window, see the world

Clear, Hydrate and Protect

- ☐ Urinate and defecate upon arising
- ☐ Scrape your tongue, brush your teeth
- ☐ Drink 2 - 3 cups of hot water before any coffee or tea, add lemon for taste or alkalinity if desired
- ☐ Apply oil inside your nostrils and ears - olive, sesame, coconut, almond, whatever's on hand

Set the Tone

- ☐ Read something inspiring - poetry, a daily reader, the comics
 - * Avoid the news, email and television or radio until you've had a chance to do the above
- ☐ Make a gratitude list - try for 3 - 5 things

Flow with Prana

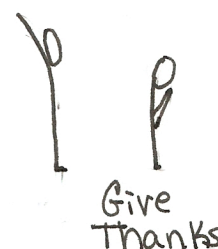
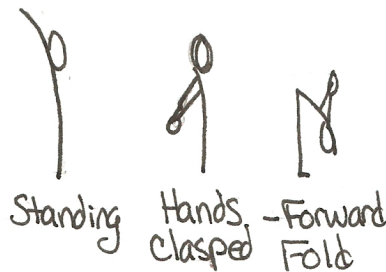
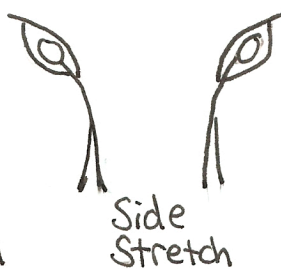
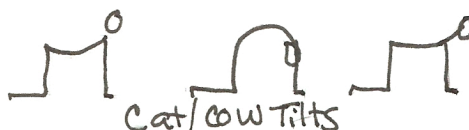
- ☐ Move, Breathe and/ or meditate for at least 5 minutes

Feed Yourself Well

- ☐ Have green energy with breakfast: a green smoothie, greens in your eggs, add sprouts to oatmeal, get creative

Start Small. Pick **one** thing on this list you can easily incorporate this week. (I suggest the bit about hot water :) Once that feels in place, add in another the following week or the week after. Don't try and revamp your routine all at once.

5 Minutes to Fantastic



* 5 breaths each pose

