

CHECKLIST

DAILY ACTS CONTRIBUTING TO MY OVERALL VITALITY

- Shave and shower
- Dress artfully, or just carefully
- Drink your health bullet: a veggie juice
- Drink a ginger shot
- Practice THB exercise routine
- 5-minute meditation
- 5 minutes journaling with *THB Self Mastery Book*
- Read a poem from *THB Food for Your Soul*
- Read a short story from *THB Mindstyle: I Got This: The Art of Getting Grit*
- Inspire a friend to choose a Hard Choice: write a letter, call, email or text
- Cook a meal or prepare a snack
- Spend 15 minutes outdoors “forest bathing”
- Read one scenario from *THB Mastering Food/Exercise/Rest Choices*
- Take care of something: water your plants, organize kitchen drawer, pay bills, start laundry
- Feel good for 5 minutes: download and listen to *THB Food for Your Soul: Poems and Music for Insights and Inspiration**
- Relax for 5 minutes with *THB Ambiance: Flowers and Piano Music for Relaxation**

*available for free download at thehappybody.com