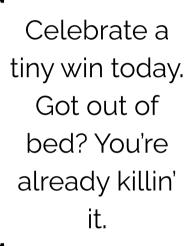
Hydrate or die-rate. Go chug a glass of water like the badass you are.

Grounding check: Have you touched grass today, or are you still floating in the Wi-fi Matrix?

Move that glorious body yoga, dance, or just wiggle. Anything counts if you're having fun.



Eat
something
green. No, a
green donut
doesn't count.
(Nice try)

Check in with yourself: Have you told your inner critic to shut up today? If not, now's the time.

Who needs a spa when you have a shower?
Wash off the stress like it's yesterday's news.

Fuel your body like you give a damn.
Coffee is magic, but so are veggies.

Take a deep breath and remember:
you're a freaking miracle with a to-do list.