







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.



Celebrate a
tiny win today.
Got out of
bed? You're
already killin'
it.

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.

