



Creating a Healthy Rhythm

There is no silver bullet to becoming the best version of ourselves. The closest thing I've found is to live an intentional life. No more auto-pilot living! That means giving focused attention to our Body-Soul-Mind every day. We can train ourselves to make this second nature by committing to doing something in each category every day for at least 30 days. Track it. Once you've completed the 30 days, judge for yourself if life seems better, richer, brighter. If it does, keep doing it!--John Skinner, www.lessonsonthetrail.org

Body (Examples)	Soul (Examples)	Mind (Examples)
Walk	Pray	Listen to a Podcast
Run	Go Outside/Nature	Read Growth-focused Content
Swim	Meditate	Do 12 Step Work
Go to the Gym	Personal Retreat	Journal
Take the stairs	Turn off all electronics	Participate in a Book Club
Hike	Fast from News/Social Media	Go to the Library
Kayak/Canoe	Engage Spiritual Books/Podcasts	Watch a Documentary
Tennis/Pickleball	Create or View Art	Watch/Read News (once a day)
Get a Personal Trainer	Laugh	Go to a Workshop
Do Charity Walks/Runs	Listen to Music/Go to a Concert	Go to a Meeting
Bike	Create a Gratitude List	Learn a new Language
Meal Plan/intentional Eating	Call People/Reach Out	Learn to play a Musical Instrument
Lift Weights	Volunteer	Write a Letter
Dance	Journal	Meditate
Drink more water	Sing	Engage in Healthy Discussion
Stretch	Use Aromatherapy	Advocate for a Cause
Make your Bed	Garden	

Track Weekly

DAY	BODY	SOUL	MIND	X for 'if' YES to All!
Example	X Used stairs instead of elevator	X Read Devotional	X Listened to NPR	X
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

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