



Holistic Wellness Checklist

FOR THE BODY

- Stay Hydrated Throughout the Day
- Eat Colorful Nutrition Based Foods
- Take Vitamins
- Incorporate Movement Throughout the Day

FOR THE MIND

- Establish a Morning and Evening Routine
- Write Down What You are Grateful for
- Plan Your Day
- Give Yourself Time without Social Media

FOR THE SOUL

- Meditate
- Breathe Deeply with Intention
- Try Something for the First Time
- Do Something that Makes You Laugh