**5 – 5 MINUTE LIFE HACKS FOR 2021**

**Bring the energy and power of the number 5 into your life as we start 2021 in a grounded, real world way to improve your mind/body health!**

**Print this page and hang it up somewhere where you can see it.**

 **INCORPORATE AS MANY AS POSSIBLE INTO YOUR DAY, STARTING TODAY!**

1. **STRETCH** – Stretch your body for 5 minutes a day, you can even do this from your bed before getting up in the morning
2. **MOVE** – Move your body for 5 minutes a day, walk, dance, run, take the stairs…anything that gets your body and your internal energy or chi, Moving
3. **MEDITATE** – Meditate for 5 minutes a day. You can meditate anywhere, even your car or the bathroom if that’s the only place you get privacy in your home. Set a timer and gently breathe in deeply thru your nose, hold your breath for a few seconds and blow out your breath thru your mouth.
4. **EAT WELL** – Work up to adding 5 half cup portions of fruit and vegetables into your diet every day. Feed your immune system and improve your over- all health and energy with REAL FOOD
5. **HYDRATE** - Skip the Soda…..Work up to drinking 5 glasses of water a day, most of us do not get enough water yet it’s the best thing we can drink for our over-all health and well being. ADD lemons, cucumbers or make some green tea. Add anything that is natural and chemical free to make this work for you.
6. **BE GRATEFUL** – Start a gratitude practice, take 5 minutes to write down all the things that you are grateful for now and all of the things your are grateful for that you are creating, write them down as if they have already happened…Thank You I Am So Grateful For………….
7. **5 AFFIRMATIONS** – Pick or Create 5 Affirmations that resonate with you at this time in your life. Post them where you can see them, write them out for 5 minutes a day, Repeat them in your mind during your 5 minute meditation.
8. **5 Acts of Kindness** – Look for 5 opportunities a day, big and small to practice kindness. Open or Hold a Door, write a thank you note to someone who has inspired you, send a text to someone you love, let someone around you know something you admire or appreciate about them, give a gift – big or small.
9. **BE CHARITABLE**– Pick a charity and donate $5 dollars once or $5 a month or volunteer 5 hours a month or whatever works for you.
10. **DE – CLUTTER** – Go through your closet, book shelf, junk drawer, freezer, fridge, desk, purse, bag… find 5 things that you no longer use, have expired, wear or make you feel amazing. Do this regularly.