

52 WEEKLY HABITS

Week 1: Practice Deep Breathing

Week 2: Drink More Water

Week 3: 2min Stretch

Week 4: Practice Good Posture

Week 5: Journaling

Week 6: Mindful Eating

Week 7: Daily Walking

Week 8: Improve Sleep Routine

Week 9: Decluttering

Week 10: Reduce Screen Time

Week 11: Healthy Snacking

Week 12: Oil Pulling

Week 13: Morning Meditation

Week 14: Morning Affirmations

Week 15: Morning Phone Detox

Week 16: Night Time Phone Detox

Week 17: Practice Kindness

Week 18: Read Before Bed

Week 19: Do Something
Uncomfortable

Week 20: Early Morning Rise

Week 21: Sugar Free Day

Week 22: Have a Buddha Smile

Week 23: Conscious Breathing

Week 24: Morning Sun Salutation

Week 25: Take the Stairs

Week 26: Mid-Year Reflection

Week 27: Create a Vision Board

Week 28: Nighttime Routine

Week 29: Fast After Dinner

Week 30: Explore Nature

Week 31: Learn Something New

Week 32: Write a Letter

Week 33: Express Gratitude

Week 34: Squats while you Brush

Week 35: Reconnect with Someone
You Lost Touch With

Week 36: Make your bed

Week 37: Listen to a Podcast

Week 38: No Complaints Day

Week 39: Explore a New Place

Week 40: Focus on Your Work

Week 41: Learn to Say ‘No’

Week 42: Learn to Say ‘Yes’

Week 43: Correct Something you
Are Doing Wrong

Week 44: Daily Laughter

Week 45: Avoid Processed Food

Week 46: Learn a New Word

Week 47: Early Dinner

Week 48: Practice Patience

Week 49: Practice Forgiveness

Week 50: Allow Something to Take
your Breath Away

Week 51: Reflect on Achievements

Week 52: Plan for the Next Year