

WELLNESS CHECKLIST

1. Have fun and find something to **laugh** about every day.
2. Tune in to your body's needs, responding quickly to any nudging.
3. Increase positive self talk.
4. Choose **health supportive yummy foods**, always looking for those that will enhance the lifespan of your efficient and brilliant cells.
5. **Eat mindfully**, in portions that support ongoing wellness.
6. Stay well **hydrated**. Water is best!
7. **Move** your **body** and your **bowels** each day.
8. Get (more than) **enough sleep** for the best anti aging benefits imaginable.
9. Find and sustain activities, causes and talents that feed your **passion and sense of aliveness**. Stay interested and interesting.
10. Take an occasional break from your role as a **human doing** and indulge in regenerating yourself as a **human being**.
11. Surround yourself with **people who support your highest good** through thick and thin.
12. Did I say **HAVE FUN?** Well have some more!

Meditation for recommitting to Your Body.

Settle into your chair, feet on the floor and hands folded loosely on your lap.

Take a deep breath in through your nose and let it out easily through your mouth. Feel the chair supporting you as you continue to breathe with ease.

RELAX. Release any and all tension and be right here, right now. Listen to the trusted beating of your life providing heart. Feel your lungs expanding with each breath and as you inhale, send a flood of gratitude to every single cell from your toes to the top of your head. Accept with relief, your unbroken connection to this wonderful, powerful, strong vehicle that is so anxious to please you, every ticking second. Recognize how totally your body depends on you for its proper care and feeding, and allow these following words to be your message.

Dear Body,

Thank you for always looking out for me, no matter what. I am sorry for any negative words and thoughts that have impeded our connection.

I am endlessly grateful for the countless opportunities to start over. Please know, going forward, I have new awareness and am committed to being your fully functioning life guard.

I will do my best to listen to the queues you give me and respond in the moment. I know our health comes above all else and that you depend on my vigilant and mindful decisions. Thank you for loving me through all our ups and downs. Everything you do to lift my vibrational energy each day overwhelms me with joy and gratitude.

I dedicate myself to our ongoing exuberance, wellbeing, and togetherness as this earth journey progresses.

I treasure you and thank you for being my soul's vehicle in this miracle of life.

Much love,

Your one and only dedicated life guard.

Take a deep breath into every cell and stretch and wiggle your toes and fingers, then, when you are ready, open your eyes, and give your wonderful body a big hug.