

Let's Check on You!

Am I getting 7-8 hours of sleep?



How much water am I drinking? Is it 9 - 13 cups a day?



Am I taking time for myself and meditating for at least 5 - 10 minutes a day?



Exercise. Did I get a workout in today. At least a 20 minute walk?



When I'm moving forward each day, is it with INTENTION?



This is a daily check in!

