

YOUR WELLNESS CHALLENGE

Presented by 

WAKE UP YOUR MUSCLES WITH A GENTLE, RELAXING YOGA SEQUENCE.



MAKE TIME TO TRY THIS 3-MINUTE GUIDED MEDITATION



SET AN INSPIRING MANTRA AS YOUR ALARM TO START THE DAY ON A POSITIVE NOTE.



OPT FOR A DRESS OR ROMPER SO YOU DON'T HAVE TO THINK ABOUT MATCHING.



WORK UP A SWEAT WITH THIS 10-MINUTE AT-HOME HIIT WORKOUT.



TRY MAKING YOUR OWN TURMERIC MILK FOR A NEW TWIST ON YOUR MORNING BEVERAGE.



PREP OVERNIGHT OATS FOR BREAKFAST TOMORROW MORNING.



SET UP YOUR COFFEE MAKER AT NIGHT SO ALL YOU HAVE TO DO IS START IT IN THE MORNING.



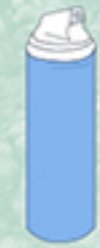
DRINK A GLASS OF HOT WATER WITH LEMON BEFORE BREAKFAST.



SPEND 15 MINUTES REFLECTING AND WRITING IN A JOURNAL BEFORE STARTING YOUR DAY.



BUST OUT YOUR DRY SHAMPOO SO YOU CAN SKIP THE SHOWER TODAY



MAKE PLANS FOR THIS EVENING OR TOMORROW SO YOU HAVE SOMETHING FUN TO LOOK FORWARD TO.



REMAND YOURSELF TO THINK POSITIVELY BY CHOOSING A MOTIVATIONAL ALARM TONE.



SPEND HALF AN HOUR LOOKING AT YOUR CALENDAR & PREPARING FOR THE COMING WEEK.



WEAR YOUR POWER COLOR SO YOU FEEL MORE CONFIDENT ALL DAY LONG.



RESPOND RIGHT NOW TO THAT ONE BIG EMAIL YOU'VE BEEN DREADING.



SET AN INTENTION FOR YOUR DAY, THEN SPEND 5 MINUTES MEDITATING ON IT.



FOLLOW THESE 8 WELLNESS TIPS TO START YOUR DAY OFF RIGHT.



NEED SOME MOTIVATION? THINK ABOUT ALL OF THE BENEFITS YOUR HARD WORK WILL BRING YOU.



MAKE THIS KALE-BACON FRITTATA FOR A GOURMET, HEALTHY BREAKFAST.



INSTEAD OF GETTING STRESSED OUT BY LOOMING DEADLINES, MAKE A TO-DO LIST FOR YOUR DAY.



BEFORE GETTING OUT OF BED, TAKE FIVE SLOW, DEEP BREATHS.



MAKE BAKED EGGS WITH DELICATA SQUASH & SPINACH FOR A VEGGIE-PACKED BFAS.



DOWNLOAD AN INTERESTING PODCAST FOR YOUR COMMUTE.



SET YOUR ALARM 30 MINUTES EARLIER, THEN SPEND THAT TIME READING IN BED.



TAKE 5 MINUTES TO MAKE YOUR BED. IT WILL BE MUCH MORE ENJOYABLE TUCKING YOURSELF IN AT NIGHT.



DON'T FORGET TO TAKE YOUR VITAMINS!



MAKE TIME TO CALL SOMEONE YOU LOVE THIS MORNING.



SIT DOWN AND EAT BREAKFAST AT THE TABLE INSTEAD OF EATING ON THE GO.



IF YOU DON'T ALREADY HAVE ONE, START A MORNING SKINCARE ROUTINE.



LISTEN TO MUSIC THAT MAKES YOU FEEL GOOD WHILE YOU GET READY.

