



Daily Habits

Week of:

Reward at end of week:

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Meditation To do after you wake up. Try to meditate 20 minutes a day.							
Exercise A medium fast pace for 30 minutes a day. Try to exercise 5 days/week.							
Water Drink clean water every 2 hours each day. Make sure you boil and refrigerate your drinking water for 12 hours before drinking.							
Journal After you meditate in the morning take a moment to fill in the morning portion of your Daily Journal. At the end of your day fill in the bottom portion of your Daily Journal.							
Plant Love (Energy Exercise) Get a plant and place it close to where you meditate at the beginning of your day. Talk kindly to your plant for a few minutes each day. Tend to your plant (water, sunlight, nutrients, etc.)							

Daily Habits - con't

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

<p>Organic Fruit & Veggie Eat at least one of each every day. You can use this resource to help you pick - https://www.mindbodygreen.com/articles/ewg-dirty-dozen-and-clean-15-lists It's good if you can wash and eat them raw.</p>							
<p>Organize / Minimize Clothes Go through all your clothes. Put the pieces in a pile that you haven't worn in 6 months. Look at what you have left. Minimize your wardrobe.</p>							
<p>Remove Perfumes Go through your toiletries, cleaning supplies and air fresheners. Remove from your home any that contain the chemical "parfum" in them. Replace them with a natural alternative.</p>							
<p>Minimize Environment(s) Start with your bedroom. Move your bed so when you are laying down and open your eyes your eyes face the door. For each room move the biggest piece of furniture so it faces the entryway to that room. Keep only functional items in your space(s).</p>							

Daily Habits - con't

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<p>Beans! If you eat animal meat 6-7 days a week cut down to 1 time a week. Replace animal meat with beans and nuts (lentils, black beans, kidney beans, black peas, chickpeas, walnuts, almonds, etc.) and add more fruit and vegetables to your meal regimen. It'll help if you meal plan.</p>							
<p>Creating Art Choose 2 times a week that you'll schedule and spend time creating some form of art for 1-2 hours each time. Exercise your creativity muscle. It will help you come up with creative solutions. It can be anything creative – writing rap lyrics, writing poetry or stories, baking, dancing, carving wood, etc. You can give your finished art pieces as a gift to someone, or showcase it in your home or on your desk at your office.</p>							