

Checklist

FOR DAILY WELLNESS INSIDE & OUT

- Before getting out of bed, say Modeh Ani and meditate on 3 things that you're grateful for
- Relax in the bathroom and have a bowel movement
- Enjoy meals with 3 different food groups
- Move your body in a way that feels GOOD, like yoga or dancing
- Catch yourself if you are mindlessly scrolling online
- Take deep breaths periodically
- Express gratitude - say a brucha for your meals, your body, all the little good things
- Wind down before bed by reading a good book, journaling, or prayer

