



Mindfulness

7 Days of Practice for You - Choose 1 per Day

- *Take a 10 minute break to stretch*
- *Do not spend money for 24 hours*
- *Clear all the surfaces in a room to make space*
 - *Clear out your inbox*
 - *Practice mono-tasking*
 - *Be media-free after 7pm*
- *Write out a simple routine for the week ahead*

Healthy Forever Fitness Motivation