

Wander and Rest Life

EMBRACING THE JOURNEY, ONE RESTFUL STEP AT A TIME

Healthy Habits CHECKLIST

- ☐ SET REALISTIC GOALS FOR THE MONTH
- ☐ JOURNAL YOUR THOUGHTS EACH MORNING
- ☐ PREP MEALS FOR THE WEEK AHEAD
- ☐ SET BOUNDARIES WITH YOUR TIME
- ☐ DON'T FORGET TO HYDRATE
- ☐ FOCUS ON BALANCE, NOT PERFECTION
- ☐ ADD MORE GREENS TO YOUR MEALS
- ☐ HAVE AT LEAST ONE TECH-FREE EVENING
- ☐ MOVE YOUR BODY IN WAYS YOU ENJOY
- ☐ TIDY UP YOUR WORKSPACE
- ☐ STRETCH OR DO YOGA BEFORE BED
- ☐ TRY A NEW RECIPE THIS MONTH
- ☐ EAT MORE WHOLE FOODS
- ☐ SPEND MORE TIME OUTDOORS
- ☐ SCHEDULE TIME FOR SELF-CARE
- ☐ LIMIT SCREEN TIME BEFORE BED
- ☐ CELEBRATE YOURSELF—YOU'RE DOING GREAT!

