

24/7 WELLNESS TIPS for WORK & LIFE

-  **6:00 AM** Drinking a Glass of Warm Water
-  **7:00 AM** Shoulder Exercise/Stretches
-  **8:00 AM** Facial Massage
-  **9:00 AM** Smile at Yourself in the Mirror or Smile Inside + HYDRATION
-  **10:00 AM** Healthy Snacks
-  **11:00 AM** Eye Exercise
-  **12:00 PM** Thanking Yourself
-  **1:00 PM** Self Massage/Abdomen Massage
-  **2:00 PM** Smell the Roses/Check in on Your Herbal Plant
-  **3:00 PM** Tree Hugging/Barefoot Walking + HYDRATION
-  **4:00 PM** Healthy Snacks
-  **5:00 PM** Jump Up and Down/Dance Moves
-  **6:00 PM** Social Moment/Hello to 1-2 Precious People in Your Life
-  **7:00 PM** Singing/Drawing
-  **8:00 PM** Journaling/Reading
-  **9:00 PM** Deep Breathing or Meditate
-  **10:00 PM** Essential Oil Mini Spa
-  **11:00 PM** Email Me What Tip You Like the Best Today & How You Are Feeling (if you can't asleep)
-  **12:00 AM** Star Watching (if you can't sleep)
-  **1:00 AM** Stretches (if you can't sleep)
-  **2:00 AM** Deep Breathing (if you can't sleep)
-  **3:00 AM** Gratitude for Yourself & for Others (if you can't sleep)
-  **4:00 AM** Self massage (if you get up early)
-  **5:00 AM** Sunrise Blessings/Praying for the Human Race and the Planet (if you get up early)