

Wealth of Wellness

A 21 DAY PRACTICE

Day 1	Day 2	Day 3
Light some candles and have a bubble bath	Record 3 things you are grateful for	Go for a walk
Day 4	Day 5	Day 6
Call a friend or relative	De-clutter one room or workspace	Go 'offline' for a day
Day 7	Day 8	Day 9
Eat lunch outside in the sun	Unsubscribe from unnecessary emails or 'unlike' uninspiring pages	Use the good china
Day 10	Day 11	Day 12
Create a 'soundtrack' to your life	Do one thing you have been putting off	Research something new
Day 13	Day 14	Day 15
Plan a 'mini break'	List 5 goals to accomplish in a year	Wake up an hour earlier and have some quiet time
Day 16	Day 17	Day 18
Send someone a handwritten card in the mail	Be mindful for 10mins - practice meditation	Sit and read a good book for an hour
Day 19	Day 20	Day 21
Be creative	Sit and watch your favourite film for a good laugh or cry	Indulge in some good quality dark chocolate