



20 Day Challenge to a Healthier YOU

1	Try something new in your living space by rearranging furniture or buying fresh flowers.	
2	Start your day with a healthy breakfast. See my website Recipes page for ideas.	
3	Drink more water (at least half your body weight in ounces (for example, a 120 pound person drinks 60 ounces).	
4	Declutter your wardrobe, a drawer, or a closet.	
5	Get out and see the sunset (added bonus: take your shoes off and get grounded).	
6	Take an epsom salt bath (1 cup epsom salt and 1 cup baking soda).	
7	Do a 10-minute body scan to check in with each part of your body.	
8	List your 3 most important tasks and tackle them first.	
9	Forgive someone who hurt you. Write them a forgiveness letter.	
10	Do 4-8-7 breathing for 5 minutes. Breathe in for 4 seconds, hold for 8 seconds, and breathe out for 7 seconds.	
11	Get out in nature. Go for a hike or sit by a river or a lake.	
12	Unplug from electronics at least one hour before bedtime.	
13	Get grounded - lie down on the ground or walk barefoot.	
14	Pray - pray while you are walking, pray while you shower, pray before you go to sleep, JUST FIND TIME FOR PRAYER.	
15	Spend 5 minutes writing a list of things you are grateful for.	
16	GIVE. Do it unconditionally, with no strings attached.	
17	Spend 10 minutes writing out your thoughts about anything bothering you and then crumple it up and throw it away.	
18	Stop eating at least 3 hours before bedtime.	
19	Go for a brisk walk after a meal.	
20	Start a new book or listen to a new podcast. See my website Resources page for ideas.	