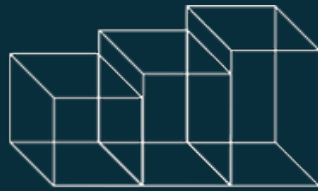


LIFELONG WELLNESS

10 minute habit-building activities for wellbeing

JOURNALING	STRETCH	BREATHWORK	MEDITATION	BREATHWORK	POSITIVE AFFIRMATIONS
BODY SCAN	SIT & LISTEN	STRETCH	JOURNALING	YOUR CHOICE OF ACTIVITY	BREATHWORK
MEDITATION	JOURNALING	POSITIVE AFFIRMATIONS	BREATHWORK	BODY SCAN	SIT & LISTEN
STRETCH	BODY SCAN	YOUR CHOICE OF ACTIVITY	MEDITATION	STRETCH	BREATHWORK
SIT & LISTEN	BREATHWORK	POSITIVE AFFIRMATIONS	BODY SCAN	YOUR CHOICE OF ACTIVITY	MEDITATION
BODY SCAN	STRETCH	MEDITATION	BREATHWORK	JOURNALING	POSITIVE AFFIRMATIONS

Follow 66 days in order or cut up and place in a bowl for a random activity per day.



LIFELONG WELLNESS

10 minute habit-building activities for wellbeing

BREATHWORK	BODY SCAN	SIT & LISTEN	STRETCH	MEDITATION	BREATHWORK
BODY SCAN	STRETCH	JOURNALING	YOUR CHOICE OF ACTIVITY	BREATHWORK	JOURNALING
YOUR CHOICE OF ACTIVITY	JOURNALING	BODY SCAN	BREATHWORK	MEDITATION	POSITIVE AFFIRMATIONS
BODY SCAN	MEDITATION	BREATHWORK	POSITIVE AFFIRMATIONS	STRETCH	SIT & LISTEN
POSITIVE AFFIRMATIONS	BREATHWORK	SIT & LISTEN	MEDITATION	YOUR CHOICE OF ACTIVITY	STRETCH

Follow 66 days in order or cut up and place in a bowl for a random activity per day.