

## **WELLNESS CHECKLIST**

MIND		
	I WILL READ ONE BOOK EVERY TWO MONTHS.  I WILL INVITE A FRIEND TO COFFEE OR A WALK ONCE EACH MONTH.  I WILL DEDICATE ONE HOUR EACH WEEK TO SELF-CARE.	
В	ODY	
	I WILL LEARN TO MAKE ONE NEW HEALTHY MEAL EVERY WEEK.  I WILL SET A DAILY ALARM REMINDING ME TO FLOSS.  I WILL SCHEDULE AN ANNUAL CHECKUP WITH MY DOCTOR.	
HUSTLE		
	I'M GOING TO CREATE A BUDGET AND STICK WITH IT FOR THE WHOLE YEAR.  I WILL DELEGATE ONE TASK EACH WEEK.  I WILL PICK ONE ORGANIZATION TO DONATE \$ TO EACH MONTH.	