

Live it by Design

Wellness Inspiration

Walk daily (20 minute minimum)

Journal

Do something kind for someone

Meditate

Let go of 1 thing (emotion, habit, object, etc.)

Practice daily affirmations

Watch the sun come up

Create a vision board

Practice daily gratitude

Enjoy a tech-free evening

Do a Yoga Challenge (21 or 30 day)

Enjoy a sunset

Join a meetup group

Listen to an audio book

Schedule a Zoom with family or friends

Call an old friend

Take an online class

Increase your water intake

Get a daily dose of sun (Vitamin D)

5-5-7 Deep breathing

Introduce a new fruit or veggie into your diet

Meet a friend for lunch in the park (byo)