

# Stay Inspired and Become a Healthier You!

## IN 30 DAYS

**1**

Make a list of your victories

**2**

Don't eat after 8:00 pm

**3**

Eat at home and try a new recipe.

**4**

Eat fruits and vegetables daily

**5**

Learn to enjoy being alone

**6**

Smile often. Show others how it's done

**7**

Declutter your home or workspace

**8**

Wake up and early and stay committed

**9**

Reward yourself for your accomplishments

**10**

Take a Yoga Class and stretch your muscle

**11**

Have a weekly exercise routine

**12**

Step outside and enjoy nature

**13**

Drink 8 glasses of water a day

**14**

Remove processed food from your diet

**15**

Find a supplement that works for you

**16**

Count colors, not calories

**17**

Don't shop while you are hungry

**18**

Make your own granola

**19**

Eat whole grain carbs

**20**

Snack on almonds

**21**

Start your day with meditation and be grateful

**22**

Stay something kind to 3 people this week

**23**

Evaluate your commitment to take action

**24**

Be mindful of sitting straight in your chair

**25**

Make a protein shake with fruit and veggies

**26**

Clean your closet and give away clothes you no longer wear.

**27**

Turn off electronics and listen to the silence

**28**

Keep a grateful journal and write at least 2 sentences daily

**29**

Challenge yourself and do something you have never done before

**30**

Be kind and volunteer your time at the soup kitchen