Every day:
- Stand, stretch and take a short walk every hour
- Touch your toes and stretch before bed
- Drink several 8 oz glasses of water a day, including when you first wake up
- Avoid granulated white sugar and fast foods
- Avoid overly processed foods
- Eat dishes made from whole vegetables
- Take 5 minutes each morning to calmly breathe deeply
- Take note of 2 things you’re grateful for, write them down in the same journal each day

DAILY ACTIVITIES.

May 1:  Laugh at least ten times today
Spend time writing out your priorities and goals for this month

May 2:  Write a letter to a loved one or friend who lives far away

May 3:  Spend 5 extra minutes asking someone about their day

May 4:  Enjoy the weekend. Spend time making yourself a healthy and delicious breakfast, along with herbal tea
Call a friend or relative you’ve been meaning to catch up with
Find a local farmer’s market and enjoy the smells and colors

May 5:  Clean your kitchen to happy music, with windows open if the weather is nice
Meal prep for the week with goodies from the farmer’s market, including healthy snacks like fruit or nuts
Spend time with friends and family

May 6:  Take a walk in the evening after dinner
Prepare golden milk tea, Mix and heat 1 ½ cups non-dairy milk, 1 tsp ground turmeric, 1/4 tsp ground ginger, 1/4 tsp ground cinnamon, 1 tsp coconut oil, 1 pinch ground black pepper, 1/2 tsp honey or maple syrup

May 7:  Do a nice deed for someone you work with

May 8:  Pay extra attention to your posture at your desk today
Take a walk after enjoying a healthy lunch
Take the stairs as much as possible today
May 9: Research community gardens that need volunteers  
Stand up at your desk and stretch at least once per hour  
Remember to eat healthy snacks of fruit and nuts and stay hydrated

May 10: Enjoy a bright green smoothie for breakfast today  
Add 2 extra items to the list of what you’re grateful for  
Get to know a co-worker today, eat lunch with someone new!  
Spend time on your skin after work, exfoliating face and using a face mask

May 11: It’s Saturday! Prepare a healthy breakfast that takes longer than usual  
Volunteer at a community garden, getting your hands dirty and helping out a neighbor  
Take an early afternoon nap for ½ hour  
Spend time in person or on the phone with family and friends

May 12: Go to either the farmer’s market or the grocery store to shop for whole fruits and veggies for the week. Make sure to include snacks for work  
Spend time talking with the farmers and vendors  
Spend time reading a book you’ve wanted to read  
Invite friends over for a healthy dinner party

May 13: Don’t forget to keep stretching each day  
Take a walk during lunch, ask a coworker to come along!  
Sign up for a new group fitness class, like yoga or kickboxing, and make new friends

May 14: Try to meditate a little longer today, taking 10 minutes of calmly breathing.  
Make a citrus salad for lunch with different types of oranges and grapefruit paired with avocado  
Make tea in the afternoon and enjoy five minutes of quiet

May 15: Try a new smoothie recipe for breakfast  
Go for a walk during lunch today  
Spend some time journaling after work

May 16: Greet each person you see today with a smile  
If your work emails are cluttered, take time organizing your inbox and your desktop  
Take an evening walk after dinner and take time enjoying every flower and animal you see

May 17: Live in a state of celebration today- you deserve it! Laugh as much as possible, and bring healthy treats from home to share at work if you can
Go dancing tonight with friends after a delicious shared meal!

May 18:  
- Try to bake a loaf of whole wheat bread. Share it with a neighbor  
- Attend a yoga class or use an online yoga video to stretch and strengthen your muscles  
- Volunteer again at your community garden, taking home some fresh veggies for the week  
- Call a family member or better yet- invite them over for dinner

May 19:  
- Spend extra time on making your favorite healthy breakfast today  
- Go to your nearest body of water and spend time walking, listening, relaxing in the presence of water; appreciate the strength of ocean waves or the calmness of a lake  
- If you cannot go to water, listen to nature sounds in your home with the windows open and spend time painting or drawing freely.

May 20:  
- Look in the mirror after your morning cup of water, and tell yourself three of your favorite qualities  
- Search for ways to compliment others today  
- Enjoy a short walk after lunch  
- After work, treat yourself to a healthy meal out and enjoy not cooking or cleaning on a Monday

May 21:  
- Enjoy a green smoothie for breakfast with some warm golden milk tea  
- After work, spend time manicuring your nails, exfoliating and moisturizing your hands with light massage  
- Spend time writing and decorating a card to mail to a friend

May 22:  
- Wake up 10 minutes earlier, and read through your gratitude journal, adding 5 extra things  
- Bring your closest coworker their favorite hot beverage to work today  
- Enjoy your lunch outside and go for a walk afterwards

May 23:  
- Write someone at work a positive note, and leave it on their desk  
- Make an effort to tell every person you see good morning with a smile  
- After work, spend some time outside, walking in the park or in your neighborhood

May 24:  
- Wake up and play your favorite music while you get ready for work  
- Take a little extra time scrubbing in the shower and think of all the positive qualities you have  
- Make a list of all the people you are thankful for, and thank them  
- Spend time at home, making a more involved and healthy dinner
Enjoy time outside during dusk, notice the breeze or the leaves or any animals that are around

May 25: Head to the farmer’s market and take a new plant home
Try a new hobby, like candle making, crochet, or scrapbooking
Clean out your closet, donating old clothes you no longer need and organizing everything that’s left

May 26: Go out to breakfast with a friend, find a restaurant that serves healthy options
Spend more time listening than talking
Take time to do something creative
Spend at least ½ hour reading outside
Deep clean your kitchen with the windows open and prep healthy meals for the week ahead

May 27: It’s a holiday!
If you’re off of work, have a mini-vacation. Treat yourself to a massage or a new haircut
Find a new museum in a subject you enjoy
Take extra time preparing your healthy dinner and enjoy a long walk and stretch before bed

May 28: Enjoy a green smoothie for breakfast
Color-code your calendar and practice saying no
Spend 5 minutes before lunch deep breathing with your eyes closed
Take a new way home from work

May 29: Leave a positive note for yourself in your kitchen when you leave for work
Drink a cup of golden milk tea
Go out of your way to do something nice today

May 30: Incorporate veggies into breakfast
Be bold today- share your good ideas!
Invite all coworkers you can for a walk after work
Try something new for dinner

May 31: Wake up ½ hour earlier and read through your entire gratitude journal
Celebrate your month of wellness with a dinner after work with friends and share your experience
Spend time writing down your favorite activities and keep doing them