

## MIND

1. **No negative media!**
2. **Meditate** (2 times a day)
3. **Podcast** (1 hour min.)

## BODY

1. **Breath**
2. **Sleep** (get more)
3. **Move** (music helps) - create a positive playlist



# 30 DAY CHALLENGE

## SPIRIT

1. **3x gratitude**  
(2 times a day)
2. **4x do something in nature**  
(min. 2 hours)
3. **Watch 8 movies**  
(that make you cry/laugh)

## HEART

1. **4 date nights min.** (talking deeply)
2. **4 random acts of kindness**
3. **Love languages**  
(relationships)