

# DAILY HEALTHY HABITS

nourish your mind, body & spirit & stay accountable to your goals  
by aiming to tick these off everyday!

[www.ebonyjadehealth.com](http://www.ebonyjadehealth.com)

## IN THE AM

- Visualise achieving my future goals, & set my daily intention
- List / think of 3 things I am grateful for
- Drink 300ml of water with 1/2 freshly squeezed lemon
- Nourishing breakfast

## BY 2PM

- Movement / Workout / Stretching
- Drink 1 litre of water
- Set 3 things to achieve today
- Nourishing lunch

## BEFORE THE SUN GOES DOWN

- Drink 1 litre of water (2 litres or more for the day)
- Message / call a loved one
- Take a break outside in nature, with feet on earth
- Have I moved enough today? Take a walk if needed
- Nourishing Dinner
- Helped someone (big or small)
- Do something I enjoy
- Turned on blue light blocking on all devices

## BEFORE BED

- Quality time with partner, children or alone
- Journal about what went well today, and what you'll work on tomorrow
- Set myself up for a great sleep - Chamomile tea, read a book, spray lavender on pillow and/or listen to a guided sleep meditation
- Diaphragmatic breathing and legs up the wall