

STRONG MIND, BODY, SPIRIT

How can I
MOVE MORE
and
SIT LESS?

What can I do
to get plenty of
good quality
SLEEP?

What **EXERCISE**
have I chosen for
today?

STRONG
MIND
BODY
SPIRIT

Do I **SPEAK TO**
MYSELF with
kind and gentle
words?

Am I fueling
myself with
NUTRITIOUS
FOOD?

How have I
CONNECTED
with others
today?

How have I
connected with
NATURE
today?

Am I **MINDFUL**
of what I'm
thinking and
feeling?