

# MY HEALTH & HAPPINESS CHECKLIST

- At least once a day do something you enjoy
- **As soon as you get up from bed; look in the mirror & repeat positive affirmations about yourself & the day ahead, ie “This day is going to be a great day” or “I am healthy” or “I can do this”**
- Once you’re awake drink a glass of water at room temperature with a squeeze of lemon
- **Read an article, listen to a podcast, chapter of a book, or an interesting piece of information to switch on your brain.**
- Eat whole foods to nourish your body & to keep your mind sharp
- **Eat a rich protein-filled brekky to sustain your levels of energy longer throughout the day**
- Drink a cup of coffee with breakfast- my favourite is a long black with pouring cream. I limit my coffee intake to 1-2 per day, to ensure a good night’s sleep
- **Choose to exercise by doing either yoga, weight training or your favourite sport**
- Buy organic where financially possible
- **Take a probiotic to heal the gut & prevent illness**
- Add fermented veggies to one meal everyday
- **Drink at least 2L of water per day**
- Have a nourishing lunch prepared to take to work, this will keep you from eating unhealthy options
- **Say “no” to refined sugary foods by being prepared with a healthy snack, ie, an apple, berries or carrots/celery sticks with peanut/almond butter**
- Drink herbal tea- I enjoy green tea or rooibos during the day & peppermint or ginger at night
- **Drink ½ cup of bone broth for whole body health**
- Soak up the sunshine for vitamin D & healthy looking skin
- **Cook with organic butter or coconut oil**
- Use the [Nutrition for Training Guide](#) for nutrition guidance & recipe inspiration
- **If you sit for long periods of time at work make sure you get up, move & stretch every 40 minutes**
- Ignore negativity at work & home
- **Try to encourage the people around you**
- Listen to your body & rest when you need to
- **Have a warm shower or bath to help relax – on the weekend I enjoy a bath with candles**
- Enjoy a healthy dinner with good company
- **Limit technology right before bed, this will help you to relax, unwind & sleep better**
- Journal about the day – I like to write one thing I learnt & two things I am thankful for
- **Sleep for 8+ hours per night so you can function properly the following day**
- Tell someone you love them & that you are grateful to have them in your life
- **Add a splash of apple cider vinegar to your water – I do this 1-2 x per day**
- Keep accountable to a friend, work colleague or personal coach