

Sample phase 1	Completed
<b>Morning routine – complete before noon</b>	
Get out of bed (5 second rule if necessary)	
Personal hygiene	
Personal grooming	
Align your body with hero pose (90 seconds)	
<b>Diet Modification – complete any time during the day</b>	
Drink 8 glasses of water	
Eat 5 servings of fruits and/or vegetables	
Good quality B complex supplement	
<b>Daily action steps – complete any time during the day</b>	
<b>Connection with nature (30 minutes)</b> Outdoor suggestions (preferred): take a walk in a park, along a beach, a mountain path, or along a river trail. Take a walk around the neighborhood or walk the dog. Indoor suggestions: pet a dog or a cat, mall-walk, treadmill, grocery store. Sensory adaptation suggestions: listening to headphones with nature sounds, watching a nature program, sand box or rice box.	
<b>Reaffirm intention:</b> My intention is to live in a state of mental and emotional wholeness. My intention is to live joyfully, vibrantly and abundantly. My intention is to love my life and to experience pleasure and delight in each day.	
<b>Evening routine – complete before midnight</b>	
Positive affirmations (3 times each) <ul style="list-style-type: none"> <li>• I give myself permission to feel loved, valued and appreciated.</li> <li>• I give myself permission to heal, grow and progress.</li> <li>• I give myself permission to let go of disappointment, sadness, despair and fear.</li> <li>• I give myself permission to find solutions to my problems.</li> <li>• I give myself permission to feel hope and happiness.</li> </ul>	
“I am” poster (2 minutes)	
Write 2 things you’re grateful for	
Write 2 success (big or small) that you had today	