

top 10 things I
do / use to
feel physically
better, more
in control,
and balanced
every day



1. I drink 2 full glasses
of water before I eat
or drink anything
else...while I prepare
my breakfast



2. when I sit down, I first
drink a cup of hot water
with lemon...



then I have my tea
(usually earl grey & my
2nd cup is yerba mate)
and breakfast



3. my morning routine is
a non-negotiable!

this includes...

~ reading 3 pages of a



mindset book

~ breath work

~ prayer

~ meditation





4. I fold a 15 minute
abs & core workout
(+ a little stretching)
into my mornings as well



5. lunch is a real, whole
foods, filling, energy giving,
balancing lunch...
usually just random yummy
ingredients I have at home
that I combine together





6. I make sure to set myself up for success everytime I go to the grocery store...with real, whole foods, tasty snacks that also boost my energy and balance my mood (for example, raw nuts, raw seeds, dates, ezeziel bread with raw almond butter, edamame, chopped veggies, sweet potato, etc.)



7. I do 30 minutes
of sweaty cardio
minimum a day



8. 80-90% of the days I have a super nutritious supper also usually composed of just random yummy ingredients I have at home that I combine together. Usually, I just combine a lot of deliciousness, not using recipes



9. Currently, I'm obsessed with my evening snack, which is raw almond butter, pure maple syrup, and cacao powder all mixed together...seriously...



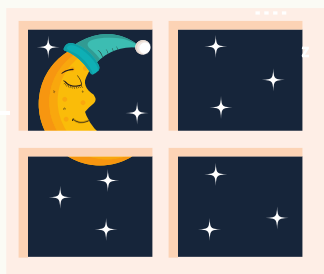
I live my whole day thinking about this evening snack haha



10. my evening winding down routine is also a non-negotiable. this includes...

~ my current favorite evening tea which is Yogi

brand Kava Stress Relief



~ my fave snack mentioned above

— *Step 1* ~ writing in my gratitude journal or listing 10

good things that happened during the day

~ I always wash my face & brush my teeth

~ when I get in bed, I read my goals list that I

keep next to my bed

~ when I turn out the light, I think of the very

best 1 of the 10 things that happened during

that day

~ there's no blue light in my bedroom

~ and out I go....zzzzz



can't wait to hear if any of these things
really resonated with you, and are
going to become some of your own
daily balancing things that you do too!

reach out any time and let me know!

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instagram ~ [@wellness_on_purpose](https://www.instagram.com/wellness_on_purpose)

facebook group ~ Eating Healthy &
Finding Balance

