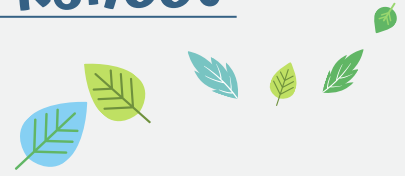


# Wellbeing Routine - Daily Worksheet

Date: \_\_\_\_\_



## Essentials Check List:

- Sleep 7 - 8 hours
- Drink 2 litres of water
- Shower
- Eat nourishing food
- Enjoy quality time - loved ones
- Exercise - do what you can

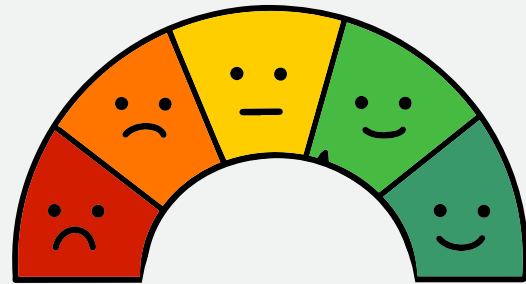
## Open Space Self-Care Checklist: (at least 1 a day)

- Go for a 15 min walk
- Go for a jog / speed walk
- Go for a dog walk
- Try out a fitness class in a park
- Sit and watch wildlife
- Take a guided walk
- Go on a bike ride
- Go on a nature trail
- Sit and paint / draw in nature
- Meditate
- Simply breath in some fresh air

## Positive rules to live by for a happy and healthy life:

Be comfortable in your own skin. Appreciate what you have. Don't compare yourself to others. Let go of the need to control. Be kind. Live in the present moment. Stop worrying about the future. Have an open mind.

## How do you feel today?



## Gratitude Journal

Take note of all the positive things that have happened today - big or small! From a cup of tea being made for you, to a big achievement!

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