



Dr Gabi Anderson-Courtney

DAILY WELLNESS CHECKLIST

ON THE INSIDE

- Eat real food (no processed rubbish)
- Drink at least 8 glasses of water
- Drink green tea
- Burn some insense or essential oil
- Include vegetables with every meal
- Use fruits as snacks
- Take your vitamins

THE HEART

- Meditate
- Sleep 8 hours
- Laugh
- Give yourself a high five everyday
- Read at least 30 minutes
- Breathe in and out deep
- Don't skip your skincare routine

ON THE OUTSIDE

- Exercise
- Get some sunlight
- Connect with nature
- Go for a walk
- Stretch
- Stand up at least every hour
- Do 10 minutes of yoga

THE SOUL

- Write a gratitude journal
- Plan ahead for the next day and make a list
- Find time to relax
- Call a friend or a family member
- Do the hard jobs first
- Set a time to finish work and stick to it
- Don't answer the phone when you don't want to