

## Healthy? or Hazardous?

Think back over the past 24 hours:

What have you consumed?

**Food** (each meal)

**Liquid** (what was it and how many ounces?)

**Audible** (from music to conversations)

**Self-talk** (positive or negative)

If you are not clear on what your last 24 hours look like in these areas just image your last 48 hours, 72 hours, 7 days, 1 month...

What we do daily actually forms our life and if we are not intentional it is only a matter of time before we find out in the form of our well-being or the lack thereof.

Here are **five habits** you can do **daily** to possess wellness:

1. Drink half your weight in ounces of water daily.  
During cooler weather drink warm/hot cup of water first thing in the morning. During warmer weather drink a cup of room temperature water first thing in the morning.
2. Find time to be still and meditate daily. Same time, same place.
3. Eat every 2 to 3 hours. Three small meals and two snacks.
4. Get moving for at least 30-45 minutes daily. Enlist an accountability partner.
5. Get a restful night's sleep. Create a bedtime routine and schedule.

Bonus tip:

Success in any area begins when we are intentional. This means you will need to create a **schedule** (honor it), **measure & track** (strengths and weakness)