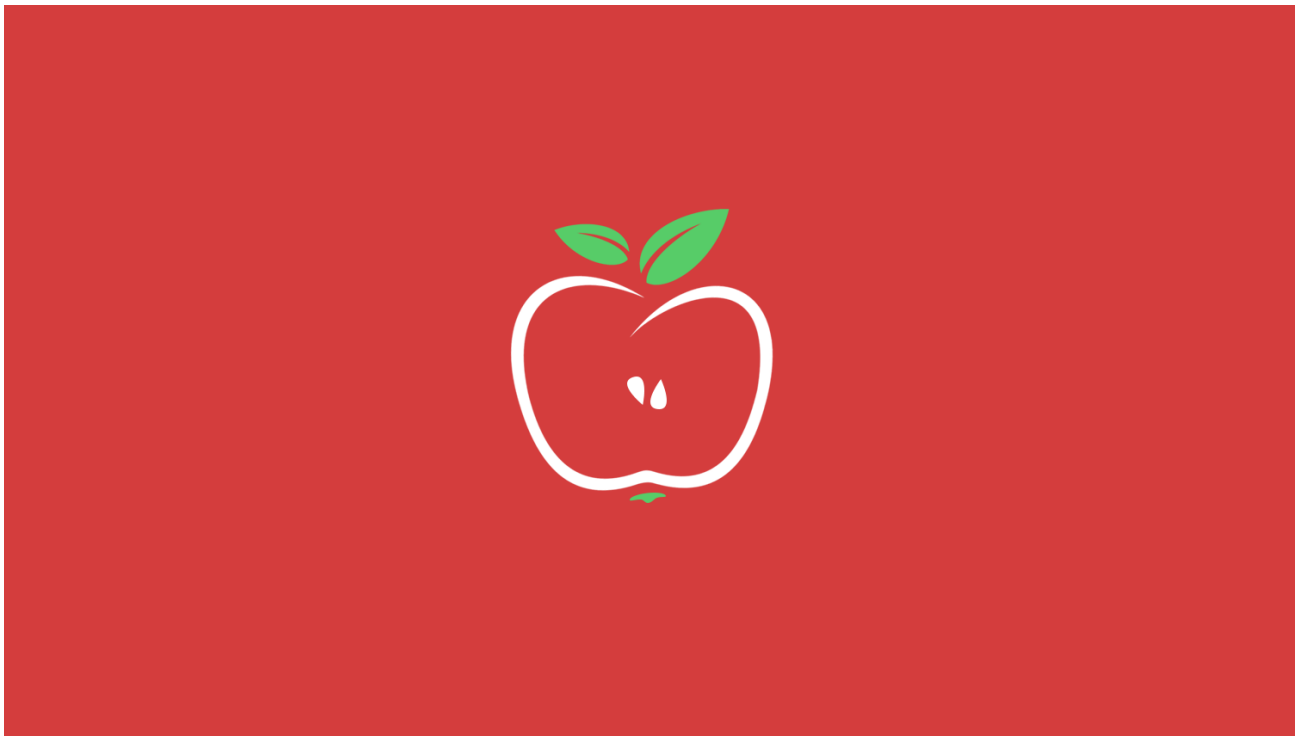
10 Tips for better living



- [ ] 0 Empty calories/processed foods
- [ ] 1 hour of exercise/reading
- [ ] 2 liters of water
- [ ] 3 cups of green tea / green juice
- [ ] 4 mental $ stretch breaks
- [ ] 5 things you're grateful for
- [ ] 6 am meditation
- [ ] 7 minutes of laughter
- [ ] 8 hours of sleep
- [ ] 9 thousand steps daily
- [ ] 10 pm time to sleep

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