

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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