

100 Wellness Actions

Use a fitness ball for your office chair	Floss Teeth Daily	Practice Gratitude	Recycle
Strengthen your abs	Design Vitamin Regimen	Live Mindfully	Become environmentally aware/responsible
Take a fitness class	Have Regular Bedtime	Practice kindness	Practice safety
Strengthen core	Get Regular Massage	Manage Stress	Sit on a bench
Do calisthenics	Eat Healthy Breakfast	Eat Slowly	Repeat only nice things about others
Use exercise bands	Eat Healthy Lunch	Commit to healthy living	Activate your 5 senses
Use a fitness ball	Eat healthy dinner	Find meaningful work	Seek healthy pleasures
Find exercise buddy	Eat healthy snacks	Spend time in nature	Create a home sanctuary
Exercise to a video	Cook & eat at home	Take up a hobby	Nurture your spirit
Start a walking program	Design daily self-care routine	Take time for yourself	Play with kids
Go swimming	Practice positive self-talk	Improve attitude	Find meaningful volunteer ops
Take up bicycling	Repeat daily affirmations	Rest & relax	Speak up for yourself
Take a dance class	Pray daily	Have more fun & laugh more	Get counseling or coaching
Walk on work breaks	Eat fresh fruits	Be active vs. Watch TV, surf the net	Work on confidence & self-esteem
Take a lunch walk	Eat fresh veggies	Read good books	Be a good role model
Take an evening walk	Buy organic food	Spend quality time with friends/family	Laugh regularly
Join a gym	Pay bills on time	Become tobacco free	Take cooking class
Do yoga	Eliminate debt	Drink water	Take self-help class
Jump on rebounder	Declutter house	Streamline home	Stock a health food pantry
Walk the dog	Declutter desk	Streamline Office	Practice forgiveness
Meditate daily	Declutter kitchen	Say "no"	Make an emergency kit
Eliminate toxic chemicals in home/yard	Organize house	Say "yes"	Release resistance
Make bedroom a sanctuary	Clean basement/garage/attic	Practice self-love	Keep a journal
Determine your strengths	Have family meetings	Listen to your body	Take responsibility for your life
Eat whole foods vs. processed foods	Practice healthy habits	Listen to your inner voice	Create a treasure map

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Excerpt from the **21-Day Healthy Habit Challenge Program**

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