

SIMPLY *serendipity*

Finding time to focus on your personal wellness can be overwhelming. As we kick-off our Moxie Me challenge, here is a quick menu of ideas to boost your mojo and help make YOU a priority!

€ **Time is of the essence**

- Wake/sleep “on-time” (setting a routine helps the body understand when it's time to get moving and when to wind down)
- Limit the use of electronics before bed (cutting off the use of electronics before bed may help you wind down more quickly)

€ **Eat, drink and be merry**

- Set a goal to drink more water (citrus oils taste great and many boost mood and energy)
- Make a change in what you eat (eat out less, replace one meal a day with a healthy smoothie, add an extra serving of vegetables to your diet)
- Test drive a new recipe

€ **Get moving**

- 20-30 min of exercise can energize your day (hint: exercise earlier in the day, too close to bed may leave you too energized to sleep!)
 - Walk/run (Woofs love walks, take them too!)
 - Yoga
 - Dance in the kitchen

€ **Designated down-time**

- Set aside 10 -15 minutes a day for something that you enjoy
 - Meditation
 - Reading
 - Journaling (writing is powerful – write down something good about yourself or something you are grateful for!)
 - A hot bath

€ **Play**

- Take yourself on a date
 - Retreat day
 - Movie
 - Try something new