## **DAILY ANCHORS**



	1	2	3	4	5	6	7
Walk for 30 mins							
Read for 30 mins							
Meditate for 10 mins							
Eat 3 meals no more							
Call a friend or uplifting colleague							
In bed by 10:30pm each evening							

	8	9	10	11	12	13	14
Walk for 30 mins							
Read for 30 mins							
Meditate for 10 mins							
Eat 3 meals no more							
Call a friend or uplifting colleague							
In bed by 10:30pm each evening							

	15	16	14	18	19	20	21	22
Walk for 30 mins								
Read for 30 mins								
Meditate for 10 mins								
Eat 3 meals no more								
Call a friend or uplifting colleague								
In bed by 10:30pm each evening								

	23	24	25	26	27	28	29	30
Walk for 30 mins								
Read for 30 mins								
Meditate for 10 mins								
Eat 3 meals no more								
Call a friend or uplifting colleague								
In bed by 10:30pm each evening								