

Danielle's 5 Things

Meditation



Be Present
Practice Gratitude
Belly Breathing
Visualize & Imagine
Write it Down

Meals

Eat More Plants
Eat Healthy Fats
Avoid Processed Food
Drink 96 oz of Water a Day
Track Your Food



Movement



30 Min a Day
Try New Things
Honor Your Body
Stop Sitting So Much
Strength Training