



Sum Sum Summa Time!!



ACTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Write	Write 10 things you are grateful for	Write 10 things that are awesome about you	Write 10 things that are awesome about your life	Write 10 things that excite you	Write 10 things you want to do before you leave this earth
Do	Place bare feet on ground for 20 minutes	Watch a program based on healthy eating: Ex, Food Matters, What the Health,	Start your day dancing to a tune you love	Go the whole day with no complaining	Watch something that makes you LYAO!!
Injest	Start day with fresh citrus in water	Drink a scoop of super greens	Add two capfuls of apple cider vinegar to your water	Make a juice of 2 stalks celery, cup of spinach, 1 apple and fresh ginger	Do ALL of the past 4 days of "Injest"
Relax	Start the day doing 20 deep breaths	Sit in silence for 20 minutes	Do the Wim Hof Breathing method	Take a warm salt bath	Google EFT and do this twice today

