



Healthy Routine Daily Checklist

Morning

- Get up at 6am.
- Scrape your tongue, wash your eyes, flush out your nose with a neti pot, apply oil to the nostrils, apply oil to inside of ears to keep all of your sense organs clean and functioning better.
- Do 5 minutes of movement: yoga or stretching.
- Personal development for 5-20 minutes to start: reading, mantra, journal, meditation.
- 1-2 glasses of warm lemon water.
- Go Number Two. A healthy poo is light brown, soft, log shaped, and will float.
- Eat a medium sized meal. Porridge with hemp hearts and oat milk is an example.

Afternoon

- Eat largest meal at high noon. An example is plant-based enchiladas.
- Walk after your meal if possible to encourage digestion.
- Take 5 deep breaths.
- Continue sipping water.

Evening

- Eat smallest meal anywhere between 5-7pm but no later. An example is a hearty soup and salad.
- Clean up and close the kitchen down.
- Write a gratitude list to reflect on the day and manifest abundance.
- Make a pot of soothing, calming tea or try the sleep tonic "Golden Mylk".
- Do "legs up the wall" to further encourage restfulness.
- Read a fictional novel in a designated reading spot.
- Turn down overhead lights in favour of eye level lights.
- Go to bed by no later than 10pm.