

# THE happier healthier

## SUMMER MISSION

### GOALS

#### HEALTHY MIND

- THINK POSITIVE THOUGHTS
  - + STOP TELLING YOURSELF YOU'RE FAT, UNATTRACTIVE, UNINTELLIGENT, ETC.
  - + START TELLING YOURSELF YOU'RE BEAUTIFUL, WORTHY, & CAPABLE.
  - + DON'T ALLOW YOURSELF TO BE JEALOUS OF OTHERS.
- READ A BOOK - OR TWO
- TURN OFF ELECTRONICS 30 MINUTES BEFORE BED
- WRITE DOWN WORDS YOU HEAR & DON'T KNOW, LOOK THEM UP & MEMORIZE THEM
- SPEND A WEEK WITHOUT ELECTRONICS THIS SUMMER
- DO SOMETHING CREATIVE EACH DAY

#### HEALTHY ENVIRONMENT

- REMOVE YOURSELF FROM NEGATIVE SITUATIONS
- KEEP YOUR LIVING ENVIRONMENT CLEAN & ORGANIZED

#### HEALTHY BODY

- SPEND AN HOUR+ OUTSIDE EACH DAY
- DO SOMETHING ACTIVE FOR AN HOUR EVERY DAY
- WORKOUT WITHOUT MAKEUP ON
- AIM FOR 2+ DAYS WITHOUT MAKEUP
- LESSEN THE BAD CARBS
  - + LIMIT PASTA TO ONCE A WEEK
  - + LIMIT BREAD TO TWICE A WEEK
- NO MORE FRAPPUCCINOS
- EAT RAW GREENS & VEGGIES 5X A WEEK
- EAT MORE CLEAN PROTEIN (QUINOA, ALMONDS, FISH, LENTILS)
- EAT LESS PROCESSED FOOD
  - + CUT WHAT YOU'RE CURRENTLY EATING IN HALF, REPLACE WITH FRESH FOOD

free passes:

I PASS ON THIS GOAL TODAY.

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