



DAILY *checklist*

- Drink water*
- Morning devotion w/ Gratitude Journal*
- Sunshine/movement/exercise*
- Essential oil regimen*
- Breakfast before 10:00 am w/yogurt*
- Supplements*
- Enjoy your morning!*
- Lunch plus Kimchi (1/4 cup)*
- Enjoy your afternoon!*
- Dinner plus Kimchi (1/4 cup)*
- Finish eating between 7:00-8:00 pm*
- Wind down w/ healing devotional*
- In bed in time to get 7-9 hours of sleep*