

Daily Wellness Checklist

Small, soft anchors to weave through your day. This is not a list to perfect — choose two or three and let them become familiar.

MORNING

- Wake at a similar time each day.
- Drink a full glass of water before coffee.
- Ten minutes of natural light on your skin and eyes.
- A few slow breaths, or a moment of stillness before the day begins.
- Eat a breakfast with protein and something green or colourful.

THROUGH THE DAY

- Move your body — a walk, stretching, or something that makes you breathe deeper.
- Eat away from your desk and screen where you can.
- Keep a water bottle within reach and refill it twice.
- Pause between tasks: hands still, three long exhales.
- Step outside once in the afternoon.

EVENING

- A calm, cooked meal, eaten slowly and early where possible.
- Herbal tea instead of an evening coffee or wine most nights.
- Screens down thirty minutes before bed, lights dimmed.
- Something for your senses — a balm, a mist, a warm shower or bath.
- Note one thing that went well today.

WEEKLY

- One longer walk somewhere green.
- One bath or intentional rest ritual.
- Plan and prepare a couple of simple meals ahead.
- Time with someone who makes you feel lighter.
- One evening with nothing in the diary.

A NOTE ON CONSISTENCY

Wellbeing is built in small, repeatable acts rather than dramatic overhauls. If a day slips away from you, simply return to the next kind choice — there is no need to begin again from the start.

This guide offers general wellbeing and lifestyle information and is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, breastfeeding, taking medication or managing a health condition, please speak with your healthcare practitioner or book a consultation.