

MINDFUL



Moments With



Latrina Walden™ Exam Solutions

1 Put on your favorite song and sing or dance to your heart's content	2 Set a timer for two minutes and practice deep breathing	3 Call a loved one Tell them about your day and hear about theirs	4 Bring some sweet treats to work for your coworkers	5 Write down three things you are proud of yourself for	6 Treat yourself to dinner and/or invite a friend out	7 Plan a movie night in with your favorite show and snacks
8 Write out your goals for the week (at least 5)	9 Journal about what went well today	10 Go for a walk outside	11 Share some kind words with someone in passing	12 Start and end your day with some stretches	13 RECHARGE! Take as many <i>woosah</i> moments you need today!	14 Turn off your alarm and sleep in
15 Practice affirmations in the mirror: "I can..." "I will..." "I am..."	16 Take an hour to listen to a podcast episode on your favorite subject	17 Give yourself a pat on the back	18 Take a break from social media for the day	19 Listen to a motivational video on the way to work	20 Light some candles and prepare a nice shower/bath	21 YouTube a new, simple workout and give it a try
22 Enjoy a delicious and balanced breakfast	23 Read an enlightening, science based article	24 Declutter your work space and living areas	25 Start planning your next getaway vacation	26 Put a blanket in the dryer for 5 minutes to warm up, snuggle up, and veg out	27 Keep track of how much water you consume today with an app or journal	28 Write down ten things you are grateful for