

# Fact Sheet 3



Living a Wholistic Life  
Your journey towards a freedom life

## Wellness Menu

The Living a Wholistic Life Wellness Menu has been designed to help you restore balance on days when life starts to overwhelm you.

<b>Appetiser</b>	<ul style="list-style-type: none"><li>• Take a Break (even just 10 minutes)</li><li>• Spend Time Outside in Nature</li><li>• Deep Breathing Exercises</li><li>• Listen to Music</li></ul>
<b>Entrée</b>	<ul style="list-style-type: none"><li>• Eight Hours of Sleep</li><li>• Movie and Popcorn</li><li>• Favourite Meal</li><li>• Focus on Letting Go</li></ul>
<b>Sides</b>	<ul style="list-style-type: none"><li>• Start a New Book</li><li>• Do Some Stretches</li><li>• Journal</li><li>• Positive Self Talk</li></ul>
<b>Specials</b>	<ul style="list-style-type: none"><li>• Get Spiritual / Meditate</li><li>• Call a Friend</li><li>• Move Your Body</li><li>• Start a Hobby</li></ul>
<b>Beverages</b>	<ul style="list-style-type: none"><li>• Drink Water</li><li>• Make a Cup of Tea</li><li>• Relax with Hot Chocolate</li><li>• Juice Time</li><li>• Indulge in a Fancy Tea</li></ul>
<b>Dessert</b>	<ul style="list-style-type: none"><li>• Take a Bubble Bath</li><li>• Light some Scented Candles</li><li>• Wear your Soft Pyjamas</li><li>• Pamper your Body / Massage</li></ul>

