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|  | **Mind** | **Body** | **Soul** |
| Monday | **Morning mind work out - 5 minutes** | **Hydrate – Drink a pint of water when I wake every day** | **Walk along shore – 40 minutes** |
| Tuesday | **Mindfulness**  **- 10 minutes** | **Make a new healthy meal** | **Give – help a family member** |
| Wednesday | **Online Art Class – 40 minutes** | **Yoga – 40 minutes** | **Have a bath – 30 minutes** |
| Thursday | **Read – 30 minutes** | **Sign up for couch to 5K online group – run for 30 minutes** | **Plant flower seeds** |
| Friday | **Watch a Ted Talk** | **Take a bike ride** | **Listen to favourite music** |
| Saturday |  |  |  |
| Friday |  |  |  |