



# The *Wellness* Program

## HABITS AND GOALS, MODULE 2 CHECKLIST

	Task
<input type="checkbox"/>	Continue the 30 Day Whole Food Challenge
<input type="checkbox"/>	
<input type="checkbox"/>	Read the blog post: 5 Common Mistakes That Cause New Habits To Fail by James Clear
<input type="checkbox"/>	Pick ONE habit you want to change
<input type="checkbox"/>	Complete Gretchen Rubin's Check-List for Habit Change
<input type="checkbox"/>	
<input type="checkbox"/>	Listen to the Under Ground Wellness Podcast #342
<input type="checkbox"/>	Watch the You Tube video on How to Create A Vision Board
<input type="checkbox"/>	Complete the exercise on page 2 of this modules homework worksheet
<input type="checkbox"/>	Create a list of words/sentences around your vision for 2019
<input type="checkbox"/>	Create a space in your house to collect your materials and create your vision board
<input type="checkbox"/>	(Materials) Canvas
<input type="checkbox"/>	(Materials) Magazines, Brochures, Catalogs, etc for images, quotes, words, etc
<input type="checkbox"/>	(Materials) Scissors and a way to attach your pictures (glue, tape, pins, etc)
<input type="checkbox"/>	Collect images that depict the emotions you want to feel in 2019
<input type="checkbox"/>	Create your 2019 vision board
<input type="checkbox"/>	
<input type="checkbox"/>	Optional: Bring your Vision Board to class, or post it on the private FB page to share