

daily MENTAL WELLNESS *check-in*

SMALL CHOICES = BIG SHIFTS

- GUT LOVE: did I support gut today with probiotics, fiber, or whole foods?*
- HYDRATION: have I had at least 60–80 oz of water?*
- MOVEMENT: did I move my body (even a little)?*
- MOOD CHECK: did I pause and check in with how I'm really feeling?*
- SLEEP SUPPORT: am I setting myself up for restful sleep?*
- MINDFULNESS: did I take even 5 minutes to be still, breathe, or reflect?*
- CONNECTION: did I engage with someone I enjoy (not just text or scroll)?*
- NUTRITION: did I eat something that nourished me (not just filled me)?*
- SUPPLEMENTS: did I take the ones that support my good habits and needs today?*
- HAPPY MOMENT: did I laugh, smile, or feel grateful for something today?*

NEED A WELLNESS ROUTINE THAT WORKS WITH YOUR LIFE?
LET'S BUILD ONE TOGETHER.

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