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~ Community Immunity ~ Worksheet - April 2020

Pick what resonates. If you do ONE new thing consistently you are winning. Be open to seeing your patterns of achievement, and resistance!

Immune System Boosting Activity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
7hrs + sleep																															
Meditation Audio																															
No screen directly before bed																															
Nutritional Density or multivit /supplements taken																															
Minimum Baseline Achieved																															
Body weight movement																															
Did something good for others																															
Connected with loved ones																															
Connected with a community that's important to me																															
WW Challenge for the day																															

Sunlight or other Vitamin D source (eg.oily fish, eggs)															
Packed Light about a situation - changed my thoughts to reduce stress															
Did some Lizard Taming - fear based thoughts reduced															
Did something creative or organisationally pleasing															
Filled my cup in a nourishing way for me															
Other ones you want to add:															

Remember: you OBVIOUSLY don't have to do all the suggestions - this isn't about overwhelm and overload: it's about creating momentum and motivation. As ever - you do YOU!