

The December Challenge

Isolation Well-Being Daily Checklist

	Shower
	Medication
	Drink Water
	Clean One Thing (space)
	Tend to Something Growing/Living
Be Mindfully Present To...	
	A Sound or Song
	A Sensory Feeling
	Something You See
	A Spiritual Practice
	Reach Out To A Human Outside Your Home
	Do One Thing To Get Your Heart Rate Up
	Do One Thing You'll Be Glad You Did Later
	Do One Thing Just Because You Want To
	Get In At Least One Good Laugh