

focus on good health



FocusOnGoodHealth.com is an EXIT Realty Health and Wellness Initiative

		<i>December 1</i> Share a fond memory with a family member or friend. 'Tis the season to reminisce and be grateful for all that we have.	<i>2</i> Avoid caffeine at least 5 hours before bed for a more restful sleep.	<i>3</i> Mentor someone. Share your expertise and wisdom, and remember that the teacher always learns the most!	<i>4</i> Print family photographs and place them in plain sight. All too often our digital memories are forgotten on our devices.	<i>5</i> Set out to complete at least one good deed for the day by helping someone else less fortunate than yourself.
<i>6</i> Tell someone that you love that you love them.	<i>7</i> Maximize time at the dinner table and enjoy great conversations with your family.	<i>8</i> Create a new tradition or team building exercise with your family or at the office. "A successful team beats one with heart."	<i>9</i> Remember how amazing your body is and be good to yourself. It gets you through each day; functions on-demand and can heal itself.	<i>10</i> Do you have a sense of pride about who you are? Developing your personal identity is a lifelong process. Have you decided who you want to be?	<i>11</i> Simplify gift giving this holiday season by budgeting and splurging wisely.	<i>12</i> Plan a weekly family fun night.
<i>13</i> Use portion control to mind caloric intake. Balance party meals with other meals throughout the day.	<i>14</i> Step out of the bubble that is the 'daily grind' and take time tonight to stargaze.	<i>15</i> Say great things about someone when they don't think you know they're listening.	<i>16</i> Make time to sit down and read a novel by your favorite author.	<i>17</i> Balance work, rest and play to keep your mood and immune system in check.	<i>18</i> Do a 'thought download' and release and let go all negativity from your day.	<i>19</i> Make time to be alone in a quiet place today. Be as present in that moment as you can be for at least 5 minutes.
<i>20</i> Believe in the power of play! By embracing play and a zest for life, you'll release stress and feel more balanced.	<i>21</i> Challenge yourself to avoid complaining for the entire day today.	<i>22</i> Hold a warm drink with both hands.	<i>23</i> Set a weekly intention. Where do you want to be at the end of this year?	<i>24</i> Start a daily gratitude practice with your family tonight by sharing one thing each you are thankful for.	<i>25</i> Slow down to slim down. After eating it takes the brain 20 minutes to perceive being full. Take time to sit and savor holiday food flavors.	<i>26</i> Be mindful of your sugar intake today to avoid a sugar hangover tomorrow!
<i>27</i> Beat the blues by staying active. If the gym isn't an option, bundle up, get outside and go for a long walk.	<i>28</i> Add your goals for the upcoming year to your vision board.	<i>29</i> Create 5 new affirmations to focus on for the next 21 days. Make sure they are written in first person, in a positive light, and in present tense.	<i>30</i> Take time to reflect today on all of your accomplishments in 2015.	<i>31</i> Choose your "One Word" to focus your intention in 2016 and share it!		