

## HOW TO MAKE EACH STEP A HABIT

1. SET A **SPECIFIC TIME** for each activity
2. **STICK TO IT** DAILY (practice, practice, practice)
3. **TELL OTHERS** of your efforts.
4. **SEEK SPIRITUAL HELP** from your Higher Power (for the religious).
5. **REVIEW AND PLAN** each day.
6. **CELEBRATE YOUR CHANGES.**  
Give yourself a treat.

Dr. E. ANTHONY ALLEN  
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8 Durham Avenue,  
Kingston 6, Jamaica  
Phone: (876) 702-2898/779-5856

## DAILY STEPS TO WELLNESS: I. YOUR PHYSICAL HEALTH

(For daily planning and review)

1. Eat **HEALTHY FOOD: RAINBOW COLOURED AND UNPROCESSED**
2. Drink **6-8 GLASSES (8oz)** of **WATER**
3. Enjoy **15 MINUTES OF SUNLIGHT**
4. **BREATH DEEPLY FOR OXYGEN** four times daily.
5. **30-60 MINUTES INCREASED ACTIVITY** for fitness. Types:
  - Cardiovascular
  - Muscle strengthening
  - Flexibility
6. Get **8 HOURS SLEEP** and **ADEQUATE REST**

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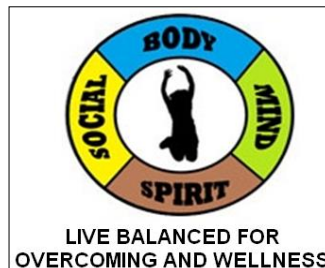
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## DAILY STEPS TO WELLNESS: II. YOUR MIND GROWTH

1. **BE MINDFUL** of your:
  - Thoughts
  - Feelings
  - Relationship style
2. **REPROGRAM YOUR THOUGHTS** from negative to positive thinking
3. **BUILD RELAXATION AND MEDITATION SKILLS**
4. **BE AWARE OF SELF AND OTHERS**
5. **BUILD HEALTHY RELATIONSHIP SKILLS**

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## DAILY STEPS TO WELLNESS: III. YOUR SPIRITUAL GROWTH

1. **COMMUNICATE WITH GOD**
2. **INTERNALIZE THE SCRIPTURES**
3. **ALIGN YOURSELF TO GOD'S PURPOSE** in your living
4. **EXERCISE FAITH** and **TRUST** in **GOD'S LOVE AND PROMISES** (VISUALISE & VERBALISE)
5. **EXPRESS GRATITUDE FOR DAILY BLESSINGS**
6. **CONNECT WITH FELLOW BELIEVERS**
7. **ENCOURAGE OTHERS** spiritually

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## DAILY STEPS TO WELLNESS: IV. YOUR SOCIAL RELATIONSHIPS

1. **MAINTAIN SUPPORTIVE CONNECTIONS** - call, visit, entertain, support
2. **SHARE HUMOUR AND FORGIVENESS**
3. **VOLUNTEER**
4. **SHARE RECREATION** eg. plays, movies, outings
5. **SHARE NATURE ATTRACTIONS** eg. parks, beaches, mountains
6. **PLAY GAMES** and **PUZZLES**
7. **SHARE HOBBY SKILLS** eg. reading, creative activities, plants, pets

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