



UpFromTheWell

Slow Tracked – 12-Month Version

Month 1

- Name one thing to be grateful for each morning.

Month 2

- Name two things to be grateful for each morning.
- Repeat one affirmation a day.

Month 3

- Name three things to be grateful for each morning.
- Repeat two affirmations a day.
- Name one good thing that has happened to you each day.

Month 4

- Name three things to be grateful for each morning.
- Repeat three affirmations a day.
- Name one good thing that has happened to you each day.
- Deep Breathe/Meditate for 1 minute a day.

Month 5

- Name three things to be grateful for each morning.
- Repeat three affirmations a day.
- Name two good things that have happened to you each day.
- Deep Breathe/Meditate for 1 minute a day.
- Do a 5-minute stretch/yoga session every day.

Month 6

- Name three things to be grateful for each morning.
- Repeat three affirmations a day.
- Name two good things that have happened to you each day.
- Deep Breathe/Meditate for 2 minutes a day.
- Do a 5-minute stretch/yoga session every day.
- Do one of the other 'small things' one day this month.

Month 7

- Name three things to be grateful for each morning.
- Repeat four affirmations a day.
- Name three good things that have happened to you each day.
- Deep Breathe/Meditate for 3 minutes a day.
- Do a 10-minute stretch/yoga session every day.
- Do one of the other 'small things' one day this month.

Month 8

- Name three things to be grateful for each morning.
- Repeat four affirmations a day.
- Name three good things that have happened to you each day.
- Deep Breathe/Meditate for 4 minutes a day.
- Do a 15-minute stretch/yoga session every day.
- Do one of the other 'small things' one day this month.

Month 9

- Name three things to be grateful for each morning.
- Repeat five affirmations a day.
- Name three good things that have happened to you each day.
- Deep Breathe/Meditate for 5 minutes a day.
- Do a 20-minute stretch/yoga session every day.
- Do one of the other 'small things' two days this month.

Month 10

- Name three things to be grateful for each morning.
- Repeat four affirmations a day.
- Name three good things that have happened to you each day.
- Deep Breathe/Meditate for 5-10 minutes a day.
- Do a 20-minute stretch/yoga session every day.
- Do one of the other 'small things' two days this month.

Month 11

- Name three things to be grateful for each morning.
- Repeat five affirmations a day.
- Name three good things that have happened to you each day.
- Deep Breathe/Meditate for 5-10 minutes a day.
- Do a 20-minute minimum stretch/yoga session every day.
- Do one of the other 'small things' three days this month.

Month 12

- Name three things to be grateful for each morning.
- Repeat five affirmations a day.
- Name three good things that have happened to you each day.
- Deep Breathe/Meditate for 5-10 minutes a day.
- Do a 20-minute minimum stretch/yoga session every day.
- Do one of the other 'small things' three days this month.

Congratulations on making it through! You should be so proud of yourself!