

# 21 habit ideas for joyful living

## health & wellness

DRINK 8 GLASSES  
OF WATER EVERYDAY

GET 7 HOURS OF SLEEP

WALK 10,000  
STEPS EVERYDAY

MEAL PREP WEEKLY

EXERCISE FOR  
30 MINUTES DAILY

EAT MORE FRUITS  
AND VEGETABLES

## financial

SAVE A SET AMOUNT OF  
MONEY EVERY MONTH

TRACK DAILY SPENDING

SET A MONTHLY BUDGET

## self care/ self love

MEDITATE DAILY

PRACTICE MINDFULNESS

HAVE 15 MINUTES OF  
QUIET TIME DAILY

PROTECT TIME BY  
PLANNING OUT WEEK

MAKE TIME FOR  
WEEKLY SELF CARE

PUT YOURSELF FIRST

LIMIT DAILY SCREEN TIME

GIVE YOURSELF A DAIY  
COMPLIMENT

## personal

READ FOR 1 HOUR  
EACH DAY

JOURNAL DAILY

WRITE OUT DAILY  
INTENTIONS

MAKE THE BED  
EVERYDAY

PRACTICE DAILY  
GRATITUDE