

Hello January

Take a daily walk in nature. Listen and breathe.

Start the morning with a single lit candle in the kitchen.

Splurge and buy flowers.

Read a new book.

Prepare chicken soup from scratch.

Bake a loaf of bread or muffins.

Make a large salad with 5 to 7 different vegetables.

Take a long bath with magnesium bath salts for relaxation.

Connect with an old friend: take a walk or have lunch together.

Make tea: Try green tea and mint for improved digestion and less bloat.

Invest in new linen bed sheets.

Enjoy buttery popcorn and hot cocoa while watching your favorite movie.

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