



# DaniBella's Recipe for Wellness

We often overthink a comprehensive wellness plan. These four simple ingredients will set you up for success and address symptoms resulting from our fast-paced daily grind and ongoing life events that can sideline our wellness goals.

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## INGREDIENTS (daily recommendations)

15 cups WATER

Rehydrates body, flushes toxins, improves metabolism, increases brain functioning, & boost immunity - and it's \$Free.99.

7-8 hours SLEEP

Boosts immune system, reduces stress, inflammation, and heart related issues, enhances memory, creativity, clarity, and focus.

5-10 min. MEDITATION

Relieves stress, fatigue, anxiety and depression, promotes mental clarity, emotional health, self-awareness, and personal enlightenment.

30-60 min. EXERCISE

Boosts mood, improved memory, productivity, and heart health, reduces stress, weight loss, and energy.

Adopt the practice of this combo for overall wellness and a heightened ability to grow through the highest joys and deepest challenges.

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## OPTIONAL INGREDIENTS (to accelerate results)

Wellness Retreats	Therapy/Coach	Food/Diet Lifestyle Change
Wellness Workshops	Journaling	Take Daily Vitamins
Turn Off Your Phone	Music Lessons	No Alcohol/Smoking/Drugs
Begin a Yoga Practice	Get outdoors	Morning Stretching

## TIPS FOR DEVELOPING NEW WELLNESS PRACTICES

- ☐ Enlist the help of an accountability partner/buddy.
- ☐ Start small and simple; examples:
  - Water: start with 1 glass of water each morning and gradually increase.
  - Meditation: start with morning minis (2-3 min.) or guided meditation. Remember meditation is the practice of quieting your thoughts. Stay at it.
- ☐ Consistency is key – incorporate The Wellness Recipe daily to effectively adopt the new practice.
- ☐ Set reminders and milestones: after two weeks, celebrate. Then rinse, repeat.
- ☐ Mistakes are ok. Anticipate falling off and identify tools to help you get back on it!
- ☐ Most importantly, have FUN! And, give yourself compassion and loving kindness while trying something new.



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