

# BINNY LIFE Daily Wellness Checklist

Live the BINNY LIFE way—every day. This checklist keeps you aligned in body, mind, and spirit. Use it as your daily reminder to Be Inspired, Never Neglect Yourself.

■ MIND	■ BODY	■ SPIRIT
■ 10 min of mindfulness or journaling	■ 20 min movement (walk, stretch, etc.)	■ 5 min meditation or breathwork
■ Practice gratitude	■ Nourish with whole foods	■ Say your affirmations aloud
■ Learn or read something uplifting	■ Hydrate well	■ Spend time in nature or quiet reflection

BINNY LIFE is a lifestyle—rooted in intention, love, and balance. Keep showing up for yourself daily. You deserve it.