**Month 10 Journey To Wellness-Lifestyle CHALLENGE**

**My LOYAL and DEVOTED slave,**

**Happy New Year! your Domina continues doing everything I can to stay healthy, especially as Covid cases in North Carolina and everywhere are exploding. Our hospital is at absolute capacity. Be vigilant, cautious and safe. Together W/we share these difficulties and real LIFE changes which make U/us stronger. I want you to commit to making changes for a healthier way of life. Incorporate all the previous month’s NEW HABITS and add this Month 10 new Habits to make them a permanent lifestyle change. Practice these NEW good healthy habits. These changes are important.**

**Maintain these NEW HABITS**

**From Month 1 STILL MOST IMPORTANT wash your hands thoroughly for 20 seconds and don’t be touching your face without washing your hands coming in from outside contact.**

**From Month 2 Once a week replace meat with protein foods...more vegetables, less sugar and lots of water. Clean environment, countertops, crumbs, etc.  Exercise at least 15 minutes every day.**

**From Month 3 Eat less red meat and eat those substitutes. Continue smoking less each day.  Exercise at least 20 minutes everyday.**

**From Month 4 Eat less “junk food” and sugary drinks, wear your seatbelt, and maintain Covid rules: mask, distance, wash hands, keep away from face.**

**From Month 5 Add Multivitamins to your healthy eating habits. If you are still a smoker, find a way to decrease smoking until you STOP.**

**From Month 6 Never skip Breakfast. Keep your living space clean and uncluttered. Make life lighter with fewer unneeded possessions.**

**From Month 7 Maintain a healthy mental attitude is to allow yourself to get lost in the reality of My sessions and stay in touch with family and friends. Drink extra water and moderation with alcohol. Be consistent everyday following these instructions.**

**From Month 8  Hands thoroughly washed for 20 seconds coming from outside. Don’t touch your face without washing hands. Surface spaces sanitized and clean. Wear a mask out in public. Maintain social distancing, avoid large inside crowds. AND Listen to My voice to relieve all stress and anxiety.**

**From Month 9 Keeping up both physical, mental and emotional health and stability, listen to My voice at least twice a day as your situation permits. Use your energy to exercise/ workout regularly if not daily.**

**W/we will add to the previous months the following for Month 10. you will incorporate this additional assistance regarding your diet, home cleanliness, exercise and your Mental Health, until it becomes a natural and NORMAL way of life for you.**

**As W/we still have to remain careful to maintain all the Covid protocols to stay safe from getting infected, W/ew are spending more time at home….listening to Me, of course. So add:**

**1. Let's get rid of clutter in your home… your living space, your office or storage space. All those things that take up space but are of no use. Some items might be used and can be donated. And some things are just junk to be thrown away. This relieves stress and softens O/our load. Use this month to take care of this, leaving you with more pleasant surroundings.**

**2. Redouble following your COVID rules and protocols. W/we are in a dangerous time for the spread of this infection. STAY SAFE! I need you HEALTHY.**