

Nicole Moultrie Starting and Keeping Daily Wellness Habits

As y	you listen, write down the wellness habits you want to incorpo	orate in your life:
Wha	at are some ideas for helping establish routines?	
VVIIC	iat are some ideas for helping establish foutilies.	
Wha	at does Nicole recommend for sleep?	
Hov	w can you incorporate essential oils in your nutrition?	
Wri	ite down some ideas for implementing exercise into your daily	routine: