



# 7-STEP CHECKLIST

IGNITE YOUR POWER

RESET YOUR LIFE



IRANA JI AN FOUROULI

[ANAPNOEYOGA.COM](http://ANAPNOEYOGA.COM)



Most of us go through life without realizing how unhealthy everyday habits are impacting our lives in a negative way. But it's all too easy to just replace them with new empowering ones that will bring renewed energy, joy, vitality, and inspiration to us.

Use this checklist to build quality habits in no time and begin resetting your life so you can realize the miracle of a yoga lifestyle that will transform your life and empower you to feel strong, calm, radiant, and fulfilled.

- Irana Ji An Fourouli

- ☐ **Rise and shine before sunrise to stay in Sync with the Sun :) Smile as you wake up and feel grateful for your health and this day!**
- ☐ **Avoid Coffee in the morning. Drink warm water with honey or lemon instead.**
- ☐ **Stay on empty stomach at least till 10:30 am-preferably noon time and hydrate yourself.**
- ☐ **Go for a 20 minute walk in nature every morning without headphones.**
- ☐ **Eat your main meal in the middle of the day and let there be 6 hours gap between meals.**
- ☐ **Take your last meal at least two and a half hours before bed time.**
- ☐ **Let go all tech input one hr before going to bed and do something relaxing that you love.**



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