

Soul Serendipity 10 Step to Vitality Programme

Steps	Date completed	Action taken
Step One The importance of great nutrition and the importance of water		
Step Two Improving digestion		
Step Three Declutter your mind & your environment		
Step Four Declutter your Pantry		
Step Five Breathing		
Step Six Meditation and Manifestation		
Step Seven Sleep		
Step Eight Exercise		
Step Nine Eco Living		
Step Ten Gratitude		