

Mindful Living on the Road Checklist

- Start the day without your phone
- Practice gratitude each morning
- Take 3 deep breaths before driving
- Spend time in nature daily
- Take mindful walks with your dog
- Unplug for an hour each evening
- Tidy your van and create calm
- Use your breath as an anchor
- Drink herbal tea and slow down
- Reflect in a journal at night