

Just One Thing Checklist

Small Daily Habits Inspired by Dr. Michael Mosley

- ☐ Stand on one leg while brushing your teeth
- ☐ Get 10 minutes of morning sunlight
- ☐ Drink a glass of water before your first coffee
- ☐ Take a 10-minute walk after meals
- ☐ Sing your favourite song out loud
- ☐ Take a cold shower or end your shower cold
- ☐ Do a random act of kindness today
- ☐ Eat a handful of nuts or dark chocolate
- ☐ Practice slow, deep breathing for 5 minutes
- ☐ Try a short nap (10-20 minutes) in the afternoon
- ☐ Add fermented foods (like yoghurt or kimchi) to your meal
- ☐ Climb stairs instead of using the lift
- ☐ Write down 3 things you're grateful for
- ☐ Switch your phone to 'do not disturb' for one hour
- ☐ Stretch your body gently for 5 minutes