

Daily Checklist

Do more of what YOU love.

Do what feels good.

Do whatever YOU need to stay healthy, happy, and wealthy.

You've got this :)

- Morning Zen
- Affirmations & Intentions
- Goals for the day
- Attitude of gratitude
- Eat Well
- Exercise
- Love yourself <3
- Connect with Family & Friends
- Be present in your community
- UNPLUG
- Journal
- Focus on vision board ~ @ least 1 minute
- Focused Activity
- Stay hydrated
- Sleep well

Live your best life and be your best self!