

THE 7 - DAY RESET

DAILY CHECKLIST

Period of time _____

Daily Tasks	Mark Completed
1. Woke up with alarm & NO phone	
2. Morning Bathroom Routine	
3. Water & Vitamins	
4. Gratitude Journaling	
5. Brain Dump Journaling	
6. Move Your Body for 10+ Minutes	
7. Photograph of the Best Part of Your Day	
8. Ate 2 Healthy Meals	
9. Night Bathroom Routine	
10. Wind-down Reading 10+ Pages	
11. In Bed for 8+ Hours of Sleep	