

Everyday Wellness Checklist



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Who am I...



My name is Stephanie Butler, I am a registered social service worker and life coach. I have been on my own self-love journey for over 20 years now and I keep adding new healthy habits to my daily routines.

I made a checklist for myself to keep on track and to look for any

patterns along the way. I want to share it with others in hopes they find it as helpful as I have.

I would love to hear from you how the checklist is working for you!!

DM me and let me know :)

When I am not making checklists I love to travel, enjoy a cup of tea by a campfire, take nature walks, and cuddle with my fur babies Jack and Lily.



Everyday Wellness Checklist

Self-love is what I am all about but I love a good checklist too! I have created a one pager checklist to stay on track with my daily habits/routine. I thought others would benefit from it as well.

Most of the one pager is clear on how to use it, here is some context for the rest.

Joy/Creative – I choose between something that brings me joy and something that is being creative. I find both of these actions keep me in the moment and grounded. You can add meditation here as well.

Activity – I squirm at the words exercise and workout so I used Activity for what type of movement I did for the day and for how long. We want to look at the 4 key areas of ourselves, mental/emotional/physical/spiritual.

GLAD is an acronym for journaling.

G – 3 things you are grateful for

L – I am learning...

A – I acknowledge...

D – I delight in...

This will help you see the positives in your life and see what you are in need of working on still. A self appraisal is always a good thing to see where we need to add to or what to keep doing more of.



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Self-care – What did you do for yourself, to nourish your soul. We can ask what do I need today and provide this for ourselves today. Write this down once done, this reminds us we can lead ourselves and show up for us regularly.

Emotion – I write the main emotion I felt in my day and where I feel that emotion in my body. This helps me to connect thoughts and feelings. We want to do this to break the power our thoughts have over us and to make it clear where emotions show up in our bodies. When we feel something it can help indicate a feeling if we are stuck on naming it.

Meals – I write what I have for each meal and snack, this allows me to be clear and honest with how I am fueling my body. I can see if I am overloading in sugars and carbs for comfort and quick bursts of energy. I try to aim for 30 different fruits, vegetables, spices and nuts/grains in my week. Variety is the spice of life

Water – I also record how much water I am drinking. Most times our physical issues are the result of dehydration. Remember we



Everyday Wellness Checklist

Date:

M T W T F S S

To do:

☐
☐
☐
☐

Joy/Creative

Activity:

GLAD

G

G

G

L

A

D

What I ate:

Breakfast

Lunch

Dinner

Snacks

Self-Care:

Main Emotion:

water intake:



If you are on a self-love journey you might be interested in my
FREE Facebook group:

Unapologetically Happy Women's Group

We are growing a supportive community of like minded women
who are sharing about their self-love journeys.

Each week I share a journal prompt to help you learn a bit more
about yourself.

I go LIVE weekly on different topics related to our self-love journeys

I would love to have you join us :)

click link below to join:

[https://www.facebook.com/groups/
unapologeticallyhappywomensgroup](https://www.facebook.com/groups/unapologeticallyhappywomensgroup)

alignedcoaching.ca

