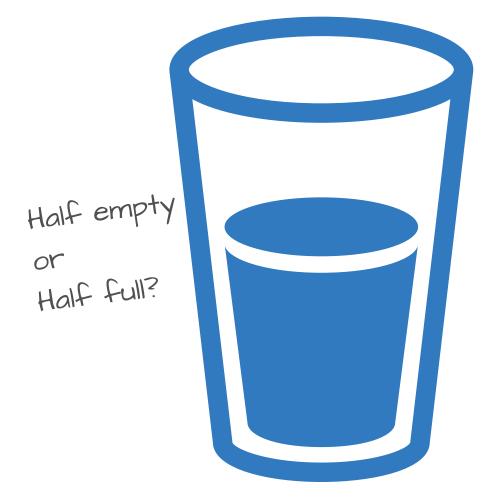
STUCK IN A RUT?

TOP 8 STRATEGIES FOR GETTING MORE OUT OF YOUR LIFE



checklist

WEEKLY CHECKLIST

Activity	S	М	Т	w	Т	F	S
I had a healthy breakfast.							
l ate a healthy lunch.							
l enjoyed a healthy dinner.							
My snacks were nutritious.							
I mentally listed the things for which I'm grateful.							
I spent time reflecting on a passion and making a plan to include it in my daily life.							
I spent 10 minutes simplifying my surroundings.							
I eliminated a non-priority task from my schedule.							
I eliminated one nagging thing from my life.							
l listed my negative self-talk and found substitutes.							
l used positive self-talk.							
I took 30 minutes for myself.							
I reviewed all my goals.							

STUCK IN A RUT? TOP 8 STRATEGIES FOR GETTING MORE OUT OF YOUR LIFE CHECKLIST

I made some new goals and plans to achieve them.				
I charted my progress toward my goals.				
I thought optimistically about my future.				
I reflected on my priorities and discovered what things are most important to me.				
l ate slowly and savored my food today.				
l exercised for 30 minutes (strength, or stretch, or cardio).				
I successfully focused on my tasks without distracting thoughts getting in my way.				
Add your own items below:				