

STUCK IN A RUT?

TOP 8 STRATEGIES FOR GETTING MORE OUT OF YOUR LIFE

*Half empty
or
Half full?*



WEEKLY CHECKLIST

| Activity | S | M | T | W | T | F | S |
|--|---|---|---|---|---|---|---|
| I had a healthy breakfast. | | | | | | | |
| I ate a healthy lunch. | | | | | | | |
| I 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. | | | | | | | |
| I listed my negative self-talk and found substitutes. | | | | | | | |
| I used positive self-talk. | | | | | | | |
| I took 30 minutes for myself. | | | | | | | |
| I reviewed all my goals. | | | | | | | |

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|--|--|--|--|--|--|--|--|
| 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. | | | | | | | |
| I ate slowly and savored my food today. | | | | | | | |
| I 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: | | | | | | | |
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