

Getting My Life Together

CHECK LIST

- CREATE A BUDGET AND STICK TO IT
- SET SPECIFIC FINANCIAL GOALS FOR SAVINGS
- ESTABLISH A MORNING ROUTINE
- PRACTICE MINDFULNESS DAILY
- LEARN A NEW SKILL OR HOBBY
- CLEAN AND DECLUTTER YOUR LIVING SPACE
- DEVELOP A HEALTHY EATING PLAN
- SCHEDULE REGULAR HEALTH CHECK-UPS
- SET BOUNDARIES TO PROTECT YOUR TIME & ENERGY
- CULTIVATE POSITIVE RELATIONSHIPS
- VOLUNTEER IN SOME WAY
- CREATE A VISION BOARD
- DEVELOP A BEDTIME ROUTINE
- INVEST IN PERSONAL DEVELOPMENT
- PRIORITIZE EXPERIENCES OVER MATERIAL POSSESSIONS

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CHECK LIST

- MAKE YOUR BED DAILY.
- DRINK MORE WATER.
- WRITE A TO-DO LIST EVERY MORNING.
- GO FOR A 15-MINUTE WALK DAILY.
- SPEND 10 MINUTES DECLUTTERING EACH DAY.
- LIMIT SOCIAL MEDIA USAGE.
- SET A BEDTIME AND STICK TO IT.
- CALL OR TEXT A FRIEND/FAMILY MEMBER REGULARLY.
- READ FOR 15 MINUTES BEFORE BED.
- TRY A NEW RECIPE EACH WEEK.
- TAKE BREAKS TO STRETCH & RELAX.
- PRACTICE DEEP BREATHING EXERCISES.
- KEEP A GRATITUDE JOURNAL.
- PLAN YOUR MEALS FOR THE WEEK AHEAD.
- REFLECT ON ONE THING YOU'RE GRATEFUL FOR EACH NIGHT.

