

Intentional Checklist

CHECK THE BOXES OF THE ACTIVITIES
YOU DID TODAY.

- AFFIRMATION: 3-5 I AM STATEMENTS
- STATE YOUR INTENTION FOR THE DAY
- RECITE YOUR GOAL STATEMENT (AM)
- DRINK WATER
- MEDITATE
- PRACTICE DEEP BREATHING
- LISTEN TO PODCAST OR BOOK
- EXERCISE
- CONNECT WITH A FRIEND
- VISIT WITH SOMEONE
- SPEND TIME OUTDOORS
- SMILE IN THE MIRROR
- FOLLOW GOOD SLEEP HABITS
- GRATITUDE TAPPING: AT LEAST 5
- RECITE YOUR GOAL STATEMENT (PM)