



## Wellness Checklist

Daily rituals and positive habits can enhance your life and increase your success. Take a look at the following list and highlight any areas of need.

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- > You stretch or work out every day
  - > You stay focused on your goals each day
  - > Your routine is consistent and deliberate
  - > You find time within the day for yourself
  - > You find something to look forward to after work
  - > You under-promise in order to over-deliver for daily tasks
  - > You spend more time doing what you want rather than what others expect
  - > You take time to eat regular meals away from your desk
  - > You get enough sleep
  - > You go outside during the day to get some Vitamin D from the sunlight
  - > You connect with people you love daily

Stay blessed

Teresa