

Daily To FEEL List

(FORGET TO DO LISTS)

Turn your to do list on it's head with this cheat sheet. Hello being present AND productive!

In one word, what do I want to see more of today? (eg kindness, love, strength)

I will re-energize during the day by...
(eg stretch, drink water, exercise!)

A little bit of courage or focus on this task will go a long way...

To finish off the day healthier than it started, I will...

Slow down to go faster. I'll pause and take five deep breaths six times today...



I'll feel free when I nail these other things:

Four horizontal grey bars for writing.

Little wins/positive moments from today...
Tip: if you can soak up the positive emotion from these moments, even for a minute, new neurons fire in your brain!



TOP FIVE MOVEMENT

SIMPLE TOOLS FOR A HAPPIER LIFE