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!)

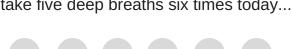
A little bit of courage or focus on this task will go a long way...

Little wins/positive moments from today...

Tip: if you can sock up the positive emotion

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...



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