

My Daily Thriving Checklist (example)

- Wake early
- Drink Water (can add lemon)
- Mindfulness & Daily Intentions
- Exercise (at least 20 minutes)
- Shower
- Nutrient-rich breakfast
- Tea or coffee
- Prepare food for the day
- Carry water bottle everywhere
- Create goals for your day
- Work efficiently
- Take breaks every 2 hours
- Set times to check my phone
- Be early to meetings
- Exercise during lunch break
- Leave work at work
- Intentionally connect with family
- Reflect on positive moments
- Prepare & eat dinner early
- Avoid screens 1 hour before bed
- Clean clutter before bed
- Breathing & stretching exercises
- Look at tomorrow's calendar
- In bed by 10:00pm

NOTES

My Daily Thriving Checklist is a tool that can help you implement habits that will help you achieve your best throughout your day. Use the template below to outline the key actions that you can take to optimize your day in terms of health, productivity, relationships, emotions, mindset and more.

Do you want your students or employees to thrive? Great! We can help with that. We run workshops with organizations large and small to help optimize human well-being and performance. We also work with organizations wanting to create a culture of thriving for long-term positive well-being and performance outcomes. Find out more by contacting us at: info@zoeticwellbeing.com

A vertical list of 21 horizontal lines, each preceded by a small red square, intended for a daily checklist.

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