

Daily Activity Checklist

Think Positive

Be Happy

Start Living

Book Available Now From

 

You may do some or all on any given day, do what is applicable to you and remember the 80/20 rule, no pressure. You may also wish to create your own checklist based on this one.

Morning	
Did I wake up to a pleasant-sounding alarm?	
If I felt groggy, did I do my stretches and palming exercise?	
Have you dressed your bed?	
Did I enjoy my shower?	
Have I meditated? (Preferably 20 minutes, twice a day, 5 hours apart)	
Have I expressed GRATITUDE?	
Mindfulness – am I being mindful? Have I done any Mindfulness exercises?	
Am I calm?	

Have I done my affirmations?	
Have I let fresh air in?	
Throughout and at the end of day	
Do I need to do some Breathing Exercises?	
Do I need to do some Anxiety Exercises?	
Do I need to use the Elastic Band Technique?	
Have I done any exercise today or Yoga?	
Have I been outside?	
Have I drunk enough water today? Do I always have water with me?	
Have I spoken to anyone?	
How are my thoughts? Do I need to practice some CBT? Do I need to acknowledge my thoughts?	
Have I paced activity well today?	
Have I reacted negatively today?	
Have I given myself some timeout?	

Do I need to do a ten-minute worry check? Am I ruminating?	
Am I centred in the NOW? What can I smell, hear, feel?	
Have I used any negative phrases or words today?	
Have I smiled at anyone?	
Have I truly listened?	
Assertiveness – have I used the word 'I'?	
Have I managed my anger? Did I react? Did I remain calm? Did I 'kill with kindness'?	
What is my posture like?	
Have I correctly labelled myself when speaking to others?	
Have I been dismissive or stubborn?	
Have I started something new or come up with a new goal?	
Have I allowed myself to be vulnerable?	
Am I feeling guilty about anything?	

Have I experienced any physical touch today?	
What are the smells like around me?	
Have I used the word 'don't' or 'sorry'?	
Have I practiced visualisation?	
Have I been generous?	
Have I been patient?	
Have I done something I love today?	
Have I given a compliment?	
Have I done an act of kindness?	
Have I given myself a pat on the back for the jobs or goals I have achieved today?	
Have I pushed forward POSITIVITY to someone else?	
Scoring 1-10, 1 being very unhappy, and 10 being extremely happy. Where do you score today?	

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