

Monthly checklist

Print this out. It's intended to really hold you accountable to do these things for yourself each day. There are empty columns for you to fill in things you wanna work on. For me they are "washing face" and "sleep hours"

[illegible]

Daily diary

Date _____

Zoom out

What's your zoom out goal? What really matters today? This is a moment to check yourself when you're sweating the small stuff.

Kind thing for self

What's one nice thing you can do for yourself today. This could be as simple as not wearing sweat pants, or something fancy like getting a mani.

Who will I connect with today, how are they human and why do i appreciate them

This can be in person, or even just through texting/social media. It's important to connect with others. This is to remember that. Reach out to someone if you're going to be alone today.

What's something I can get excited about today

This doesn't need to be big. It could literally be anything, like "a bagel."

What's something I have been avoiding doing or thinking, and how can i tackle that today

Anything from laundry, to paying a bill, to texting someone back. It's not healthy how we put things that will benefit us long term to the bottom of the list. Getting that shit done feels good.

What's my plan for the day / some diary space

Some space to get organized for your day
