

# Getting by a day at a time

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## Daily reset

If you're someone who can meditate, that's awesome, do that. If you're like me, and that seems super overwhelming and intimidating... this is just intended to be some time each day JUST FOR YOU. No phones, no distractions. Just you and your brain. Some days for me that's a few laps around the block without my phone, sometimes it's drawing and listening to Classic FM.

## Daily diary

Print out the daily diary PDF and do this each morning. There are questions in it that will remind you to be kind to your self, and also to zoom out and reflect.

## Monthly check list

Print out the monthly checklist pdf. This is intended to really hold you accountable to do these things for yourself each day. There is empty space for you to fill in things you wanna work on. For me they are "Washing my face" and "Sleep hours" - these are embarrassing but they are little things that I don't do for myself when I'm low, that I know actually make me feel better and are good for me.

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I'm sorry you're going through this, it fucking sucks. I hope this helps. If anything comes up that you think could make this better please let me know [isla@lamasix.com](mailto:isla@lamasix.com)

# Monthly checklist

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[illegible]

# Daily diary

Date \_\_\_\_\_

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## Zoom out

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

## Kind thing for yourself

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

## What's something I have been avoidingdoing/thinking, and how can I tackle that today

Anything from laundry, to paying a bill, or texting someone back. It's absurd how we put things which will benefit us long term to the bottom of the list. Getting that shit done feels good, and its good for us long term.

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

Some space to get organized for your day.