

WELLNESS DAILY CHECKLIST

Eat Well: Sufficiency	Eat Well: Purity
supplements taken today	↓
fresh fibre first	↓
juicing done	↓
	↓
	↓
Move Well: Sufficiency	Move Well: Purity
spinal hygiene exercises	↓ sitting (breaks 1/hr)
YWTL exercises	↓ couch / TV time
aerobic activity today	↓
balance/flexibility/agility	↓
strength/power/stability	↓
Think Well: Sufficiency	Think Well: Purity
gratitude am/pm	↓ negative self talk
affirmations daily	↓ anger/resentment
review goals	↓ outside circle of control
solution focussed	↓ problem focus
mind quieting & relaxation	↓