

# BODY HEART MIND SPIRIT

## CHECKSLIST

---

### Body

- Practice a consistent morning routine
- Hydrate your body
- Eat nutrient dense meals
- Engage in physical activity
- Step outside for vitamins & fresh air
- Go for a walk
- Practice mindful movement (yoga/tai-chi)
- Take time off when sick
- Take day trips or vacations
- Regular health care and wellness visits
- Reduce alcohol & caffiene consumption
- Get a massage
- Stretch and "Breath"
- Take a nap
- Develop routine sleeping habits

## BODY HEART MIND SPIRIT CHECKSLIST

---

### Heart

- Write dreams, goals, bucket list
- Write a gratitude list
- Give/receive a hug
- Forgive yourself and others
- Spend quality time with friends/family
- Watch fav movie/listen to soothing music
- Cruise in your car or on bike
- Make time to feel your feelings
- Give yourself affirmations
- Volunteer or help a friend
- Allow yourself to cry
- Express an impact someone had on you
- Sing and laugh
- Spread loving kindness
- Recollect good deeds of the day

# BODY HEART MIND SPIRIT

## CHECKSLIST

---

### Mind

- read for pleasure
- Write/journal daily
- Complete vision board/do an evaluation
- See a counselor or therapist
- Do something at that isn't your expertise
- Practice receiving from others
- Make time for self-reflection
- Feed your mind: read/podcast
- Meditate, doodle, and color
- Get out in nature
- Unplug from technology
- Engage intelligence in a new area
- Say no to extra responsibilities sometimes
- Talk to a mentor or coach
- Learn a new skill

## BODY HEART MIND SPIRIT CHECKSLIST

---

### Spirit

- Start your day with mediation/prayer
- Connect with your purpose
- Step out of your comfort zone
- Consult a spiritual advisor
- Make time to mediate, comtemplate, reflect
- Connect with God or a Higher Power
- Resolve conflicts
- Take time to be in solitude
- Engage in creative activity
- Discard unnecessary items
- Protect your time
- Attend religious/spiritual services
- Visit 'healing' places
- Say aloud I love myself and other love me
- reach inspirational literature