

WELLBEING



Checklist

Your easy, simple tool to manage self-care and self-relationship.

The Wellbeing Checklist is simple. Making it difficult or confusing is simply resistance to the power this can create for you, and your projects. To shift from avoiding or neglecting your needs, to actually measuring your needs daily is quite a big change for most folks. How it works is you fill out ten things that feed you physically, emotionally, mentally and spiritually, while also considering hobbies, social/family time, tending to your self-presentation and environments (car, drawers, home, office) or anything that works for you. You check if you did it, you don't if you didn't. Yes, SIMPLE.



Learn to enjoy your life-by living a life you love. Every 24 hours you can create a microcosm of your perfect life. Do things you love in little itty bits daily. You matter, and life has little gifts all over the place if you bring your attention to them.

Small, consistent daily actions create sustainable ways of being. Shifting your "way of being" is to shift how you experience and interact with life. From this foundation you can create a life that works. Foundations hold things steady, whether it is a house or a human being. This is the cornerstone to creating your life from a powerful place with Presence, Joy, Satisfaction and Love.

WELLBEING



Checklist

The funny thing about us is we all know the things to do that make us healthy, engaged, on purpose, and happy. We do. So....What are yours? Pick 10.

Measure it daily. Check mark for done, no check mark if not done. No judgment! Just doing or not doing. (Think Yoda from Star Wars))

If you are coaching with me, you come to each session with the percentage.

You check on the appropriate day if it has been completed. Then tally the percentage of the week to know a total amount to compare to weekly.

As this is Action towards your ideal, and not "homework" This is about YOU and not about "getting it right" or making the Coach happy. This is your time.

This is your Life.

Each day is a microcosm for the entirety of your life. You can change your life over time to align to your truth, and your being. You can choose the outcome of your life, and the inside of your mind. It takes patience. It takes practice. But it is yours to take charge of. Bit by bit, checkmark by checkmark, day by day, and week by week. The habits that frame and empower your highest self are available for you to choose. Every day.



"What we do every day matters more than what we do once in a while. Make it easy to do right and hard to go wrong. Focus on actions, not outcomes." - The Happiness Project

WELLBEING



Checklist

Note: you may experience STRONG resistance to some of your chosen activities. This is part of the change and transformation process. If you know deep inside that habit works for you, do it anyways and notice the outcome. Or don't do it, and notice the thoughts, feelings, sensations that occur. Both work. You will eventually push through your resistance emerging to care for yourself and appreciate your life.

Here's the FIRST one I did during my coaches training! See below for the activities I finally discovered that work for me, and make me work.

	Mon	Tues	Wed
Sleep - 8hrs - Bed/Rise Routine	✓		
Eating Well - Nourishy Portion	✓		
Train - Exercise	✓		
Client/Business Management	✓		
Money			
Rest/Leisure (Down time-Jay)		✓	
Fun			
Social		✓	
SING/enjoy talents			✓
Stress? Environment - Clean		✓	
SPIRIT			
total daily percentage	7		



Examples:

- Morning Ritual (of your creation)
- Being with Family (really together and present)
- Deep Breathing for 1-3 min
- Reading scripture or funnies
- Yoga
- Nature
- Play with kids or animals
- TV relax and fun time (Netflix or Ted talks)
- Social time
- 8 glasses of water
- Any fitness program
- Any Spiritual Practice
- Anything that stimulates your mind
- Anything that evokes peace, presence or possibility

- Rituals for food or anything you want to systemize
- Walk consciously
- Unplug for 1 hour a day (tv, phone, computer...)
- Read
- Watch a funny youtube video or inspiring video
- Organize papers (helps to feel better and clearer)
- Clean and tidy environment to maintain a lovely place to live and work
- Romance/Connection with Partner
- Bath
- Getting ready and putting effort in - I.e. high-level grooming to FEEL good
- Nutrition

WELLBEING



Checklist

Here is my personal list:

Music- singing and dancing count to Nature
Sleep/rest - bed and rise time
Money Mastery Management
Environment high-clutter free, organized, cleaned
Meditation
Reading
Writing- both creative and brain dumps
Ferrari Fitness
Nutritional Excellence

I aim for 80-100% as a habit.



By the way, don't get all freaked out by making these promises to yourself. You are BECOMING the ideal you know you are and discovering the inner instructions to Be. This is the repetition that empowers your process. It might take 3 months or 3 years to truly habitualize these things. This is normal. Be easy and gentle with your self-relationship, rather than harsh and judgmental, which leads to quitting and giving up on yourself.....yet again.

BONUS:

Here are some of my favourite processes I tweaked or made up by discovering certain needs and seeking easy reliable activities to attend to them.

WELLBEING



Checklist



Meditation:

Meditation does not mean NO THOUGHT. Your mind thinks thoughts, its what it does. To meditate is to BE, not engaging in thought. Stepping back, pulling back the camera of your attention and noticing all that is. There is no Olympic mediation training, just breathe, be with yourself, feel what's happening now, allow inspired messages, etc... Follow guided meditations to start then get to the point of silence. (Check out youtube: Esther Hicks "the vortex" I like that one, also some great general relaxation ones on youtube work too. Itunes has a ton, and there are apps. Just pick one and do it. Feel your beingness like the presence at the installation at the Guggenheim, and allow whatever thoughts occur).



Writing:

Both inspired or Brain Dumps are beneficial. Just give your brain some space from thinking. See Julia Cameron's "Morning Pages" from The Artist's Way for great information on this practice.



Brain Dumps:

Put pen on paper. Allow pen to move and write the thoughts in your mind. Manage judging the thoughts or feelings, or even the writing or punctuation. Literally- Brain dump on the page.

When:

- any time you are overwhelmed
- morning
- evening
- anytime



WELLBEING



Checklist



Emotional Pipe cleaning:

Sit once a week and ask yourself the following: Did I or Do I feel sad (pause and be with it) angry.....rejectedhurt.... Or - What is behind this _____ Hunger? Addiction? Pain in my neck? Digestive problem? etc. Allow your intuition and body intelligence to work with you in this process. This just gets the energy moving in case you internalized emotions from the week. Just like mold, emotions will fester and grow left unattended to move and breathe. Bring light and attention. Simple, effective, and easy. However, if you have emotions you cannot bear to feel, or become too afraid/anxious please do seek a therapist or counselor trained to help you.(like myself or someone credible of your choosing). Another way to look at this is that unexpressed thoughts, which turn into feelings and emotions, are like perishable foods. They go bad in 5-7 days. It gets stinky, so you've better deal with it.



Gratitude:

Be grateful for something special each day. Write it out (could be on blank scrap paper, you don't need to keep it, just solidify the experience on paper). This reframes our interpretations of life to see the gifts and blessings we otherwise forget.



Self Acknowledge:

This is a great practice. We get SO used to acknowledging others. Learning how to appreciate yourself is a worthwhile rewiring activity for your mind. Example: "I did my wellbeing checklist today, I'm feeling good about giving myself attention. I actually found reasons to feel happy just with what is around me. I love that I did that." You see, just the opposite of the barrage of criticism we usually having looping in our brain.

