Begin Within Checklist

DAILY RHYTHM

	M	T	W	T	F	S	S
Drink Up! (8) 8-Oz Glasses of Water							
Catch More Zzz's! 7-9 Hours of Sleep/Night							
Breathe Deep! Breathe Deeply for 1 minute							
Catch More Zzz's! 7-9 Hours of Sleep/Night							
Meditate! 5-minutes of Mediative Mindfulness							
Get Out! Spend Time Outdoors In Nature							
Move It! Elevate Heart Rate for 30-60 mins							
Fuel Up! Eat meals made of whole foods							

DAILY PRACTICE

	M	T	W	T	F	S	S
Prioritize my values							
Utilize my strengths							
Grow through challenge							
Release judgment							
Choose what inspires ALIVENESS							
Practice playful curiosity							
"What-If" for greater							

NOTES