

# Wellness

## CHECKLIST

Daily rituals and positive habits can enhance your life and increase your success.

**Take a look at the following list and circle any areas of need:**

- ▶ You stretch or work out every day
- ▶ You stay focused on your goals each day
- ▶ Your routine is consistent and deliberate
- ▶ You find time within the day for yourself
- ▶ You find something to look forward to after work
- ▶ You under-promise in order to over-deliver for daily tasks
- ▶ You spend more time doing what you want rather than what others expect
- ▶ You take time to eat regular meals away from your desk
- ▶ You get enough sleep
- ▶ You go outside during the day to get some Vitamin D from the sunlight
- ▶ You connect with people you love daily

Let's discuss ways to improve in those areas of concern at our next meeting.