

MY BEST LIFE TRACKER

Secret Agent of Change

WELCOME TO YOUR BEST LIFE!

It is all about consistency. Divide all of the tasks in your day into bite size, easily achievable chunks and tick them off as you go in your wellness tracker. The more small victories you have in your day, the more motivated you will be.

GRATITUDE

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

SELF-REFLECTION

Allow some time for self-reflection at the end of the day or end of the week. Write, scribble, brain dump, journal, draw, or create to digest and gain clarity. This is essential for our mental health.

INTENTION

Don't let life happen to you. You have the power to create your day by living intentionally. How do you want to feel today? What energy will you bring into the world to make today great? Set your intention.

NOURISHMENT

A balanced, healthy diet is the best doctor! Fuel your body with the healthy, life-nurturing foods to nourish and celebrate your body. Here are the basic recommendations to follow:

- Veggies: 4+ servings daily
- Fruit: 3+servings daily

To make it easier to hit those targets, try to eat a serving or two of veggies with each meal.

SLEEP

Good quality sleep is critical to your overall health and well-being. Try to get 7.5-8 hours per night.

BODY MOVEMENT

It's all about consistency. Find small 5, 10, 20 minute pockets in your day to move your body with joy. This goal is about simple body movement. Do at least one practice a day - every day - that makes you feel good and allows for more oxygen to flow in your body. Sweat once a day!

WATER

Hydrate, hydrate, hydrate! This can't be stressed enough. Just by making this small effort, you can change the biochemistry of your body and mind. Nourish your precious body with plenty of water to make sure you are at your best. Consume at least a liter or more per day, depending on your physical activity level. In your Wellness Tracker, write how many glasses/liters of water you consume daily.

JOYFUL MOMENTS

Joy comes when you spontaneously do the simple things you love. Try creating small pockets of happy moments throughout your day, allowing for at least three 5-10 minute "Me Time" breaks. Your soul thrives when you do what brings you joy, so step away from your computer or phone and dance, sing, connect with your friends or play with your pet, breathe in nature, be creative, enjoy art or music. Record how many breaks you take each day in your Wellness Tracker. This will help you identify patterns and adjust as needed. So, if you crave a well-lived and impactful life, make fun a non-negotiable part of your schedule.

**"OUR RITUALS DEFINE US. ALL OF THE RESULTS
IN OUR LIFE COME FROM OUR RITUALS."**

- Tim Robbins

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WEEK OF

GOALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY REFLECTION
Top 3 Priorities Today								How I'm progressing with my top 3 goals:
Gratitude Intention								
Sleep 8hrs/night								What held me back from achieving my goals:
Water (Oz or ltrs for my weight)								
Nourishment 5 servings of fruits & veggies								What helped me move toward my best life:
Exercise 30+ min/day								
Me Time Mindfulness (Minutes) Reflection								Next week I'm going to:
Joyful Moments								
One Thing I'll do tomorrow to move me towards my best life								