

CHECKLIST FOR TACKLING YOUR DAY ..

THE STUBBORN HEART WAY



"A stubborn heart is a heart so strong, even life's biggest challenges can't break it."

- Do whatever it takes to get out of bed.
- Put on whatever makes you feel most like yourself.
- Eat something delicious that makes your tummy happy.
- Decide to do your very best even if you didn't yesterday.
- Set one intention about where you would like your day to go.
- Put out your hands and ask the universe what it has in mind?
- Check in with yourself and notice one little victory before lunch.
- Embrace water. Every. Single. Chance. You. Get.
- Call or text one person you love.
- Remind yourself you are doing the best you can and that is enough.
- Nominate a time to transition from work to home and build in a "commute" (at least 10 quiet minutes before you do whatever you would normally jump into next.)
- Make dinner, order dinner, have breakfast for dinner as needed.
- Tell yourself you are doing a good job. Tell your partner, pet, or kids they are too.
- Tuck yourself in-----Make up the bed if you didn't this morning...then get in.
- Process the day while you lay still and breathe.
- Close your eyes and smile knowing you get to do it again tomorrow.

When All Else Fails.....

- Stop, return to the beginning and try again.
- Seek new inspiration (Ie. your favorite playlist, poem, or movie).
- Restrict or Delete all social media.
- Cry it out.

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