

# DAILY ROUTINE CHECKLIST

- ☐ Visualize your day
- ☐ Script/Journal about your yesterday
- ☐ Get out in nature. Grounding or walking
- ☐ Write out 3 things you are grateful for
- ☐ Write out something to manifest today
- ☐ Say affirmations in the mirror
- ☐ Meditate
- ☐ Listen to or read teachings by Neville
- ☐ Show yourself an act of love
- ☐ Revise at end of the day to ideal day