

# Daily Self-Improvement Checklist

- ☐ Plan your top 3 priorities for the day
- ☐ Complete your morning routine
- ☐ Learn something new (read, podcast, lesson, etc.)
- ☐ Do at least 1 hour of focused, undistracted work
- ☐ Exercise (walk, stretch, workout)
- ☐ Eat healthy and drink enough water
- ☐ Take regular short breaks
- ☐ Reflect on your progress and write a journal entry
- ☐ List 3 things you're grateful for
- ☐ Prepare for tomorrow (tidy up, set intentions)