

# 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)