

## CHECK SHEET FOR PRACTICES

Choose which to do of the optional daily exercise and of the weekly, bi-weekly. Check off which you do, so you'll have a feel for how often you've done each. Do the affirmations, then the empowering statements daily until memorized. Choose from having the list of daily items available in the Grounding/Reminders/Inspiration Notebook. Practicing deep relaxation before sleeping is beneficial.

Freq	<u>PRACTICE</u>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	Points for the day 1/minute:																															
1	<input type="checkbox"/> Physical exercise																															
1	<input type="checkbox"/> Exercise chart maintained <sup>1</sup>																															
1	<input type="checkbox"/> Deep relaxation exercises																															
1	<input type="checkbox"/> Deep breathing, counting breaths																															
1	<input type="checkbox"/> Watching thoughts and letting them go																															
1	<input type="checkbox"/> Soothing tape or CD for relaxation																															
1	<input type="checkbox"/> Review/select daily the ways of being																															
1	<input type="checkbox"/> Inspirational reading																															
1	<input type="checkbox"/> Books like Chicken Soup																															
1	<input type="checkbox"/> Daily reading of comforting statements																															
1	<input type="checkbox"/> Review empowering statements																															
1	<input type="checkbox"/> Affirmations																															
1	<input type="checkbox"/> Daily planning																															
3	<input type="checkbox"/> Gratitude, review list																															
7	<input type="checkbox"/> Rev the person you've decided to be long term																															
7	<input type="checkbox"/> Poems																															
7	<input type="checkbox"/> Review ground of being																															
7	<input type="checkbox"/> Weekly planning																															
7	<input type="checkbox"/> Weekly partners or family meeting																															
14	<input type="checkbox"/> Beach tape																															
14	<input type="checkbox"/> Review goals																															
14	<input type="checkbox"/> Review Vision																															
14	<input type="checkbox"/> Review purpose, mission																															
14	<input type="checkbox"/> Review dreams																															
14	<input type="checkbox"/> Review achievements, successes																															
14	<input type="checkbox"/> Review your own life philosophy																															
30	<input type="checkbox"/> Review commitments																															

<sup>1</sup> (see pre-designed charts for weight tracking and for exercise and diet)

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30	<input type="checkbox"/> Review your standards, codes and/or values																															
30	<input type="checkbox"/> Rev the person you'd most like to be or be like																															
30	<input type="checkbox"/> Review thank you's, compliments																															
30	<input type="checkbox"/> Rewrite, review interpretations around failures.																															
30	<input type="checkbox"/> Review other healthy life philosophy write-up																															
30	<input type="checkbox"/> Write out what you're grateful for																															
30	<input type="checkbox"/> Rewrite negative or disempowering statements																															
30	<input type="checkbox"/> Review what I can and can't control																															
30	<input type="checkbox"/> Monthly planning, review plan																															
30	<input type="checkbox"/> Review success factors - business, profession																															
90	<input type="checkbox"/> Quarterly planning																															