

★ PERSONAL SUCCESS CHECKLIST ★

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Morning

- ☐ Wake up early...

- ☐ Review your long-term goals...

- ☐ Set reasonable objectives for the day

- ☐ Engage in a mindfulness practice
IE Meditation, Gratitude, Journaling, or Yoga

- ☐ Take on your most challenging task first!

Afternoon

- ☐ Check in: How do you feel? How's goal progress?

- ☐ Eat for performance.

Evening

- ☐ Plan for the next day, set yourself up for success.

- ☐ Take part in something relaxing, serotonin boosting

- ☐ Celebrate successes, not matter how small!

- ☐ Note 1 thing that would have made today better.
