

# STUCK IN A RUT?



## TOP 8 STRATEGIES FOR GETTING MORE OUT OF YOUR LIFE CHECKLIST

*Presented by*  
**Women in Ecommerce**

# WEEKLY CHECKLIST

Activity	S	M	T	W	T	F	S
I had a healthy breakfast.							
I ate a healthy lunch.							
I enjoyed a healthy dinner.							
My snacks were nutritious.							
I mentally listed the things for which I'm grateful.							
I spent time reflecting on a passion and making a plan to include it in my daily life.							
I spent 10 minutes simplifying my surroundings.							
I eliminated a non-priority task from my schedule.							
I eliminated one nagging thing from my life.							
I listed my negative self-talk and found substitutes.							
I used positive self-talk.							
I took 30 minutes for myself.							
I reviewed all my goals.							

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I made some new goals and plans to achieve them.							
I charted my progress toward my goals.							
I thought optimistically about my future.							
I reflected on my priorities and discovered what things are most important to me.							
I ate slowly and savored my food today.							
I exercised for 30 minutes (strength, or stretch, or cardio).							
I successfully focused on my tasks without distracting thoughts getting in my way.							
<b>Add your own items below:</b>							

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