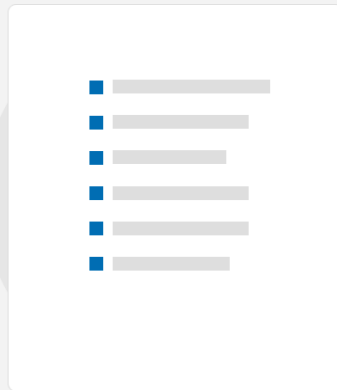


Daily checklist

Tips for staying energized all day



Morning

- ☐ Drink lemon water
- ☐ Have a smoothie for breakfast
- ☐ Pack healthy snacks

Afternoon

- ☐ Go for a walk
- ☐ Do yoga at your desk
- ☐ Have 20 minutes of screen-less time

Evening

- ☐ Drink herbal tea
- ☐ Listen to an uplifting playlist
- ☐ Meditate for 5 minute

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