

Mindful Routines

Read the guidelines below on how to create a daily mindful routine that you will love



- ☐ Workout
- ☐ Do Yoga
- ☐ Walk the dog
- ☐ Walk outside your house
- ☐ Power nap
- ☐ Do some stretching
- ☐ Drink water with lemon (or just water)
- ☐ Prepare a healthy meal or snack
- ☐ Make journals
- ☐ Write a brain dump
- ☐ Do affirmations
- ☐ Do meditations
- ☐ Read a book
- ☐ Clean your workspace
- ☐ Write goals and priorities for the day
- ☐ Write a gratitude list
- ☐ Listen to music

- ☐ Create art
- ☐ Unplug and talk to someone
- ☐ Pray
- ☐ Watch a Ted talk episode
- ☐ Listen to an inspiring podcast

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