

# Perfect Day Checklist

- ☐ Wake up Refreshed and Focused
- ☐ Stretch
- ☐ Nutrition / Hydration
- ☐ Gratitude
- ☐ Meditate
- ☐ Exercise Walking
- ☐ Plan The Day
- ☐ Follow The Plan
- ☐ Celebrate Another Perfect Day
- ☐ Plan Tomorrow
- ☐ Read, Write, Journal
- ☐ Gratitude
- ☐ Sleep
- ☐ by Michael McCafferty, DBLM.com

☐  
☐  
☐  
☐