

My Daily Routine Checklist

Mind, Body & Soul, The Dream Oak

Print this out, pin it somewhere visible, and check in with yourself every day.

Remember: progress over perfection. Every small step counts.

Morning

- **Meditate**, At least 5–10 minutes before reaching for my phone
 - **Set an intention**, How do I want to feel/show up today?
 - **Move my body**, Walk, yoga, workout, stretch (any movement counts)
 - **Nourish myself**, A real, mindful breakfast
 - **Self-care ritual**, Shower, skincare, dress in a way that feels good
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Midday

- **Learn something**, A chapter, a podcast, a lesson, a reflection (20–30 min)
 - **Drink enough water**, Hydration is self-care too
 - **Take a real break**, Step away from work or tasks for at least 10 minutes
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Afternoon / Free Time

- **Enjoy my hobby**, Something I do purely for joy, with no productivity pressure
 - **Spend time in nature** (even briefly), A walk, a garden, an open window
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Evening

- **Celebrate one win**, "Today I'm proud that I _____."
 - **Reflect on the day**, What went well? What can I release?
 - **Wind-down ritual**, Screens off 45 min before bed
 - **Prepare for tomorrow**, One small thing ready (clothes, to-do list, glass of water)
 - **Sleep at a consistent time**, Rest is not a reward. It's the foundation.
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Weekly Intentions (Bonus)

- Connected with someone I care about
 - Did something kind for myself or others
 - Tried something new or stepped outside my comfort zone
 - Took a full rest day, no guilt, no pressure
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"Growth isn't a checklist. It's a practice."

, The Dream Oak

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