



DAILY RHYTHM CHECKLIST

Creating structure for a fulfilling day

Morning

- Wake up gently
- Hydrate with water
- Mindful movement (yoga, stretching)
- Nutritious breakfast
- Intentional planning for the day

Mid-Morning

- Focused work session
- Short break (walk, stretch)
- Connect with a colleague/friend

Lunch

- Nourishing lunch
- Relaxing break (read, listen to music)
- Step away from the workspace

Afternoon

- Focused work session
- Creative activity (art, writing)
- Outdoor time (nature walk)

Evening

- Relaxing activity (reading, bath)

- Prepare dinner
- Connect with loved ones

Bedtime

- Wind-down routine (gentle stretching, meditation)
- Dim the lights
- Prepare for sleep (tidy room, prepare clothes)
- Get cozy (weighted blanket, relaxing sounds)

Daily Essentials

- Hydration (drink enough water)
- Movement (stay active)
- Nourishment (balanced meals)
- Mindfulness (meditation, deep breathing)
- Connection (social interaction)

Summary

This checklist provides a structured approach to integrating mindfulness and well-being into your daily routine, promoting a balanced and fulfilling lifestyle. By following these guidelines, you can create a personalized daily rhythm that supports your overall health and happiness.