



RAISE YOUR ELEVATION WELLNESS

YOUR DAILY CHECKLIST

Start your day with these intentions and continue the alignments throughout your day—and watch your life transform. Use this simple yet powerful checklist to focus your life and attention across three core areas: Mind, Body, and Spirit.

The Mental Dimension

- ☐ Start your day with 10-minutes of mindfulness or breathing meditation
- ☐ State your top priorities for the day—know what you're trying to do
- ☐ Take 3x short 5-minute fun or relaxing breaks throughout your day
- ☐ Do a quick creative brain boost during the day (e.g., art, music, or play Tetris)
- ☐ Journal some steps you can take to shift your perspective positively
- ☐ Limit mindless screen time—set a limit if possible, avoid distraction and burnout

The Physical Dimension

- ☐ Drink a glass of water with lemon to start your day
- ☐ Move your body daily—walk, stretch, or do light cardio every day
- ☐ Resistance train 3x per week—no matter age or level, strengthen your body
- ☐ Fuel your cells—add one fresh juice, veggie, or whole food to your diet each day
- ☐ Get 6–8 hours of sleep or a power nap for recovery

The Spiritual Dimension

- ☐ Begin your day with prayer or stillness—say the Lord's Prayer
- ☐ Read a scripture passage or timeless truth to refine your conscience daily
- ☐ Name 3 things you're grateful for today—say them out loud or write them down
- ☐ Engage in a small act of generosity or encouragement to someone today
- ☐ Examine your conscience before bed—allow time to unwind and reflect

Visit <https://raiseyourelevation.com/wellness-next-steps> to keep the momentum going.