

# Kimberly DuBrul Coaching

YOU. AT YOUR BEST.

## VITALITY BUILDER CHECKLIST



Think about the things that you do, that when you do them you feel great. We each have our own special things we do- this checklist is intended as a springboard to get you thinking, and add yours to it- pick and choose, experiment. When you build vitality, you increase positivity, energy, and successful results. Enjoy the process of zeroing in on your top 3 go-to's.

- |   |  |
|---|--|
| <input type="checkbox"/> Sing   | <input type="checkbox"/> Spending time with positive, energizing friends |
| <input type="checkbox"/> Spend time in a writing cafe writing, reading or just relaxing | <input type="checkbox"/> Reading to learn                                |
| <input type="checkbox"/> Planning, dreaming, goal setting time                          | <input type="checkbox"/> Write out what is bothering you                 |
| <input type="checkbox"/> Get a difficult conversation over with                         | <input type="checkbox"/> Reading fiction for pleasure                    |
| <input type="checkbox"/> Take a nap   | <input type="checkbox"/> Walking   |
| <input type="checkbox"/> take a long trip or a day trip - change your location          | <input type="checkbox"/> Spend time in nature                            |
| <input type="checkbox"/> Re-arrange furniture   | <input type="checkbox"/> Dancing   |
| <input type="checkbox"/> View artwork   | <input type="checkbox"/> Having fresh flowers in your space              |
| <input type="checkbox"/> Eat good, clean, local food                                    | <input type="checkbox"/> Sound healing                                   |
| <input type="checkbox"/> Watch a funny movie or show                                    | <input type="checkbox"/> Get a massage                                   |
| <input type="checkbox"/> Pay off debt, or even make a plan to do so                     | <input type="checkbox"/> Time in a hot tub, sauna, or salt cave          |
| <input type="checkbox"/> Ask for help and allow it                                      | <input type="checkbox"/> Prayer  |
| <input type="checkbox"/> Laugh  | <input type="checkbox"/> Listen to an inspiring talk in person or online |
| <input type="checkbox"/> Do a good sweaty workout                                       | <input type="checkbox"/> Acupuncture                                     |
| <input type="checkbox"/> Stretch  | <input type="checkbox"/> _____   |
| <input type="checkbox"/> Meditation   | <input type="checkbox"/> _____   |
| <input type="checkbox"/> Reading to learn   | <input type="checkbox"/> _____   |
|   | <input type="checkbox"/> _____   |

Take an inventory- which of these have you tried? Which do you do consistently? Which have you known you should do, but have resisted? (hint- you might want to do those first). Of course, I have to put this in here- any of these that could possibly affect your health- be smart and consult a doctor to make sure it is ok for you to take action.



Kimberly DuBrul

Personal, Executive and Mindset Coaching  
802-540-0217 | [Kimberly@KimberlyDuBrul.com](mailto:Kimberly@KimberlyDuBrul.com)  
[www.KimberlyDuBrul.com](http://www.KimberlyDuBrul.com)

Twitter: @CoachKimDuBrul | Facebook: Kimberly DuBrul Coaching | Instagram: @KimberlyDuBrul