

Your Best Life Checklist

- Give and receive more compliments.
- Plan consistent time just for yourself into your schedule and keep the appointments.
- Be unapologetic- unless you actually did something wrong.
- Get more sleep! Vow not to be under rested!
- Celebrate yourself and your wins- big or small.
- Leave out comparison of yourself to others in mindset and language.
- Give yourself grace.
- Get outside every day for fresh air and a walk.
- Drink more water- learn what is the right amount for you.
- Increase kindness to yourself and others.
- Trust, believe and let the magic unfold.
- Fill your mind, body and spirit with what nourishes you on purpose.
- Use your resources and share what you are no longer using.
- Keep clearing out, space, mind, body, spirit, and relationships.
- Engage in yearly, monthly, weekly, and daily planning to create your best life.



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