My Daily Checklist

1.Wake Up Grateful
Life is a gift! Be grateful to your Higher Power-Universe-Energy, or whatever gets you to a place of calmness, clarity & centeredness.

2. Move
Move your body for 30 seconds to 30 minutes to get your blood flowing, wake your brain cells, energize your body and release draining energy.

3. Intend
What are your daily intentions? I ask my higher power, God, for guidance in who and how I am meant to help others, including myself. Trust in your own *Guided Power* to help yourself and others.

4. Follow Through
Show up for your daily commitments... your calls, emails, texts, and personal connections and be grateful you have them!

5. Energy Rituals
Practice bringing calm and peaceful energy to yourself and those you intend to connect with. Practice releasing heavy, complex energy after a difficult and/or challenging connection.

6. Think-Plan-Practice
This practice is like "setting the table" prior to having a difficult conversation. If this is new to you, find a trusted source who has created positive outcomes from similar situations.

7. Have Fun, Laugh, and be a Kid Again!
See the world through the eyes of your inner child. Enjoy your child within!

8. Show up for Your Loved Ones
Life is really all about our relationships. Always make time for the ones you love the most. Heart to Heart!❤️

9. Show up for Yourself
The way you would want someone to show up for you- loving, caring, kind, listening, hearing, seeing, believing.

10. Forever be a Learner
Be a student of life. Be curious, teachable, and open to what the world has to offer. These gifts are immeasurable and keep on giving when they are paid forward!

If you find any of the above challenging, please feel free to reach out to me for guidance and/or support in helping to create your own positive change. I am happy to offer you a 30-minute free consultation.

RP RECOVERY PRACTICES LLC
Guidance • Support • Solutions

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