

■ Daily Positive Action Checklist ■

■ Tick (✓) if you did it, leave blank if not. No guilt, no stress — tomorrow is another chance.

Task	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. Morning Positive Affirmation	[]	[]	[]	[]	[]	[]	[]
2. Digital Detox (30+ mins)	[]	[]	[]	[]	[]	[]	[]
3. 90 Minutes of Focused Work	[]	[]	[]	[]	[]	[]	[]
4. Exercise / Body Movement	[]	[]	[]	[]	[]	[]	[]
5. A Learning for Personal Improvement	[]	[]	[]	[]	[]	[]	[]
6. One Action for Growth (outside routine)	[]	[]	[]	[]	[]	[]	[]