

My Daily Positive “Confinement” Checklist

Here are 35 different things you can do right now to feel better and improve yourself. Set a goal to tick at least 5 boxes every day. Your ultimate goal: being to tick at least 20 and turn this confinement into something positive!

- ☐ I stood tall and worked on my posture (ex: Stretched to improve my posture 5mn)
- ☐ I ate zero junk food
- ☐ I didn't drink any alcohol
- ☐ I drank 1 2 3 4 5 6 7 8 9 10 glasses of water
- ☐ I went to the bathroom 1 2 3 times
- ☐ I practiced walking tall and I maintained great posture the entire walk
- ☐ I exercised _____
- ☐ I meditated or prayed with intention
- ☐ I listened to my P.E.T. (Positive Empowering Tape)
- ☐ I didn't eat after 7:30 pm (8PM the latest if working)
- ☐ I read an inspiring book or passage
- ☐ I did something kind for someone _____
- ☐ I took the time to do or go over my Accomplishment Board
- ☐ I slept more: 1 2 3 4 extra hours or at least 7 hours
- ☐ I did something I love today _____
- ☐ I ate only when I was hungry
- ☐ I leave the table feeling light
- ☐ I ate a totally healthy Breakfast
- ☐ I ate a totally healthy snack
- ☐ I ate a totally healthy lunch
- ☐ I ate a totally healthy dinner
- ☐ I ate and was focused on my food and nothing else
- ☐ I worked my abs
- ☐ I wrote in my special notebook to keep track of my goals
- ☐ I pampered myself (hair, nails, face, body...)
- ☐ I got a massage or I massaged myself (legs, feet, arms, face...)
- ☐ I hugged someone and it felt good!
- ☐ I took some time off to embrace “nothingness”
- ☐ I communicated with nature
- ☐ I ate fruit 1 2 3 4 5 6 7 8 9 10 11 12
- ☐ I ate vegetables 1 2 3 4 5 6 7 8 9 10 11 12
- ☐ I juiced
- ☐ I took a cold shower
- ☐ I finally succeeded in doing _____
- ☐ I took my time to enjoy my meal and ate slowly
- ☐ Other

Remember that this is a gradual process. At first you will only tick in a few boxes, but quickly you will see how fun it becomes and you will be trying to tick as many as possible.

Always keep in mind that your goal is not to force or punish yourself to change. Focus on bringing positive elements into your life, such as taking care of yourself or doing things you love and that make you happy and proud. Get back in touch with who you are and rediscover the joys of learning.... because in order to really Change you it's important to enjoy the ride!

“CHANGE” by B. B. HENDERSON