



Thrive Daily Habits Checklist

Choose 3 Every Day

Grounding & Presence

- Step outside for morning sunlight & fresh air.
- Write down 3 things you're grateful for
- Take a mindful 2-minute breathing pause

Mind & Growth

- Read at least 1 page of something uplifting
- Reflect with 'So what, now what?' - Fill your BEST LIFE BUCKETS
- Disconnect - no screen time for an hour (morning or bedtime)

Body & Energy

- Drink water before coffee
- Stretch, dance, or move in small ways
- Add one colorful food to your meals

Relationships & Connection

- Send a genuine check-in to someone
- Give full attention in one conversation
- Do a tiny act of love (hug, thank-you, smile)



Purpose & Joy

- Visualize or note one step toward a dream
- Celebrate a tiny victory
- Do one thing that lights you up (sing, dance, doodle, workout, hike, laugh)