

## MINDFUL WAYS TO REACH MY GOALS -THE CHECKLIST-

1. I didn't throw the 2nd arrow to myself.
2. I embraced my imperfections
3. I practiced mindful breathing
4. I asked/reached out
5. I gave / helped out
6. I didn't compare myself to others.
7. I accepted the ability to recover
8. I practiced equanimity
9. I practiced mindful walking
10. I meditated



11. I believed! (80-20 formula).
12. I asked for a sign.
13. I logged my achievements
14. I created healthy boundaries
15. I had fun today! I laughed today
16. I was inspired today
17. I practiced the heroine mentality
18. I practiced mindful eating
20. I practiced gratitude today (at least 3x)

