

DAILY CHECKLIST

Place a check beside each activity that you complete each day. Try and complete at least five activities. At the end of each week, e-mail this back to Debbie at: Support@debbiethecoach.com

Did you...	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<u>use the workbook</u>							
<u>take your supplements</u>							
<u>take your medications</u>							
<u>exercise today</u>							
<u>write in your journal</u>							
<u>practice a relaxation technique</u>							
<u>change something</u>							
<u>add to your gratitude list</u>							
<u>treat yourself</u>							
<u>do something nice for someone else</u>							
<u>remove negative thoughts</u>							
<u>have a non-drinking day</u>							
<u>accept one thing you can not change</u>							
<u>forgive someone</u>							
<u>complete the progress chart/diary</u>							