

1Q Guide

ROAD TO LIVING WELL

EVERYDAY

	S	M	T	W	T	F	S
Find daily gratitude	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Declutter 15 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Connect with friends and family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Move your body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watch your spending	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

WEEKLY

- ☐ Plan week
- ☐ Keep a solid a.m. routine
- ☐ Keep a solid p.m. routine
- ☐ Fill spiritual cup
- ☐ Spend quality time with family/friends

MONTHLY

- ☐ Donate
- ☐ Volunteer
- ☐ Grab a sheet of paper & brain dump to do's
- ☐ Review budget
- ☐ Create a meal plan

WEEKLY HOUSE CHORES

- ☐ Wash, dry, and fold laundry
- ☐ Spot clean restrooms
- ☐ Sweep/Clean/Mop floors
- ☐ Shop for groceries
- ☐ Choose one chore to focus on

MONTHLY HOUSE CHORES

- ☐ Wipe down appliances
- ☐ Clean refrigerator
- ☐ Deep clean bathrooms & kitchen
- ☐ Clean out pantry
- ☐ Dust

APPOINTMENTS/EVENTS

- ☐ Make appointments
- ☐ Mark and celebrate birthdays/holidays
- ☐ Review monthly orders/subscriptions
- ☐ Start preparing for upcoming tax deadline
- ☐ Schedule time for self-care

TO DO LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____