

Checklist to Greatness and Wellness



	A	B	C
SLEEP - (5* bedtime routine)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRESS - (Clean, cook, cry / eat)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WORK / EDUCATION - (personal enjoyment and burnout)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MOOD - (Relationships)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ADDICTIONS / CRAVINGS - (nutrition)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ME TIME - (hobbies and entertainment)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FINANCES - (budgeting and investing)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PLANNING - (Daily, weekly, monthly, quarterly, yearly)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ENVIROMENT - (bedroom, noise, car, music, newspaper, news, friends)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

A GOAL WITHOUT A PLAN IS JUST A WISH....

- A - High priority, major significance
- B - Medium priority, medium significance
- C - Low priority, minor significance

