

REBOOT CHECKLIST

FOR THE MIND

Your Mind is a POWERHOUSE! Think about how you can train your brain to CREATE Happiness.

- Write one thing you're grateful for every morning
- Listen to podcast or audiobook during housework or drive to work
- Brain dump or journal at the end of every day
- Read 15 pages in any book of your choice



FOR THE BODY

What can you do for your body each day that will lead you to the HEALTH you want to feel?

- 15 minutes of movement (aka exercise)
- Choose healthy foods & drink your water
- AM/PM vitamins & supplements
- Pamper yourself to feel good in the skin you're in



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FOR THE ONES YOU LOVE

Your family & friends mean a lot to you, so what can you do to show you care daily?

- Make someone's day & expect nothing in return
- Cook a healthy dinner & eat together with no phones



FOR YOUR ENVIRONMENT

Detoxing your environment is important, as well as keeping it clean for yourself & loved ones.

- Set a timer for 15 Minutes to Bless your Home (aka Cleaning)
- Have a system to process incoming mail & papers so you have less clutter

