



Hi. I'm Cindy and I am a widow. My husband died on August 2, 2011 after a 5-month battle with lung cancer. Taking care of myself was the last thing on my mind. I just wanted to find a nice, dark cave and crawl in and stay forever. Since I couldn't do that, I just wanted to stay in bed all day.

I worked hard to find a reason to get out of bed in the morning. Most days, it was almost impossible. I would have loved to have a checklist to help me remember to do the basic things for myself.

I am certified as a Life Purpose Life Coach and a Happiness Coach. As a result of my experiences and education, I feel I am uniquely qualified to help you in your journey from grief to living your purpose. I've put together this checklist to help you get out of bed and start to take care of yourself.

Print as many pages as you need. I suggest a week's worth.

www.cindyjburns.com



Daily Check List For A Better Day

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Today's Date

- 1 Get out of bed.
- 2 Take medications
- 3 Shower
- 4 Brush your teeth
- 5 Get fully dressed
- 6 Eat HEALTHY & DRINK water
- 7 Pray or meditate
- 8 Remember to take care of yourself throughout the day
- 9 Take breaks as needed
- 10 Go to bed at a reasonable hour

