

THE ONLY *That Girl*

CHECKLIST YOU'LL EVER NEED

MORNING MINDSET RITUALS:

- WAKE UP EARLY (BUT ON YOUR TERMS - NO SHAME IF IT'S 7 A.M)
- MAKE YOUR BED RIGHT AWAY
- STRETCH OR MOVE YOUR BODY (EVEN JUST FOR 5 MINUTES)
- DRINK A FULL GLASS OF WATER BEFORE COFFEE
- DO A QUICK GRATITUDE CHECK-IN OR JOURNAL
- LISTEN TO A MOTIVATING PODCAST OR PLAYLIST
- SET ONE INTENTION FOR THE DAY

ORGANIZED GIRL ENERGY:

- DECLUTTER ONE SMALL SPACE (DESK DRAWER, PURSE, NIGHTSTAND)
- DO A QUICK DAILY TIDY - 15-MINUTE RESET TIMER
- LIGHT A CANDLE OR DIFFUSE ESSENTIAL OILS FOR MOOD
- KEEP A BASKET OR BIN FOR "CLUTTER TO SORT LATER"
- CHOOSE ONE AREA WEEKLY TO REFRESH AND RESET

MENTAL RESET:

- SCHEDULE SCREEN-FREE TIME (ESPECIALLY BEFORE BED)
- PRACTICE MINDFULNESS (DEEP BREATHS, PRAYER, OR STILLNESS)
- SAY ONE KIND THING TO YOURSELF DAILY
- READ A BOOK OR LISTEN TO AN AUDIOBOOK
- REFLECT: WHAT AM I PROUD OF TODAY?

PRIORITY-BASED PRODUCTIVITY:

- USE A PLANNER OR DIGITAL CALENDAR TO MAP YOUR DAY
- BLOCK TIME FOR YOUR TOP 3 PRIORITIES
- TAKE BREAKS WITHOUT GUILT (YOU ARE NOT A ROBOT)
- KEEP A NOT-TO-DO LIST (LET GO OF PERFECTION)
- FINISH YOUR MOST IMPORTANT TASK FIRST
- TRACK SMALL WINS TO BUILD MOMENTUM

NOURISH AND MOVE:

- EAT SOMETHING NOURISHING BEFORE NOON
- PREP ONE HEALTHY SNACK OR MEAL FOR LATER
- MOVE YOUR BODY IN A WAY YOU ENJOY (WALK, DANCE, YOGA)
- HYDRATE THROUGHOUT THE DAY - KEEP THAT BOTTLE NEARBY!
- STEP OUTSIDE FOR FRESH AIR - EVEN FOR 2 MINUTES

EVENING WIND DOWN:

- UNPLUG FROM SCREENS 30 MINS BEFORE BED
- DO YOUR SKINCARE ROUTINE (EVEN IF IT'S 3 STEPS)
- PREP YOUR SPACE FOR TOMORROW (LAYOUT OUTFIT, TIDY)
- WRITE OR THINK ABOUT ONE GOOD THING FROM TODAY
- LIGHTS OUT AT A TIME THAT HONORS YOUR REST