

MY DAILY CHECKLIST

by Mio Angelo (<https://MentallyIllInAmerica.family.blog>)

MY WHY: ???

MY WEIGHT: ???

- Meal #1 (up to two hours after waking up):
- Meal #2:
- Meal #3:
- Meal #4 (up to two hours before going to sleep):

- I hydrated in ounces:

- I drank ounces in beverages:

MY TASKS:

Waking up - 12 pm

- I am glad I woke up
- I slept for at least 7 hours
- I took my morning meds
- I brushed and rinsed
- I took a 30-minute walk
- I listened to music
- I volunteered
- I went to work
- I worked on my hobbies

12 pm - 3 pm

- I reached out to someone

3 pm - 6 pm

- I took my afternoon meds

6 pm - Going to sleep

- I watched TV
- I took my evening meds
- I flossed and brushed
- I meditated
- I planned out tomorrow

Anytime

- I worked on a few chores
- I got some sunlight
- I engaged in a mindless activity
- I took a nap when I was tired
- I showered
- I implemented the two-minute walking habit for every hour that I sat
- I practiced a breathing exercise; exhaling for 4 counts and inhaling for 2
- I watched something educational
- I watched something funny
- I listened to a podcast
- I am going to sleep to rejuvenate

Periodically

- I picked up my living space
- I picked up the yard
- I wrote a blog post
- I trimmed my nails
- I did my laundry
- I shaved
- I got a haircut
- I attended an appointment

SOME REMINDERS:

1. You are not fat, you have fat.
2. Stop trying to lose weight.
3. People who work out the same and eat the same, don't always look the same.
4. There is no diet that will do what healthy eating does.
5. It's a slow process, don't make it slower by quitting.
6. Motivation is what gets you started; habit is what keeps you going.

SOME QUOTES:

1. Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries.
2. Never reply when you're angry. Never make a promise when you're happy. Never make a decision when you're sad.
3. Surrender to what is. Let go of what was. Have faith in what will be.
4. It's not easy taking your own advice, accepting what you don't like hearing, and seeing the grey amongst the black and white.
5. There's not one person walking this earth that is worth you lying awake at night feeling like you're not good enough.
6. Don't be so hard on yourself. Be perfectly okay with being who YOU are. Fully embrace yourself, flaws and all. Love yourself right where you are. Strive to do better, but don't beat yourself up for every shortcoming that you may have. Be brave in your journey! Hold your head up high, and keep moving forward.

7. Eat like you love yourself. Move like you love yourself. Speak like you love yourself. Act like you love yourself.
8. A dog is the only thing on earth that loves you more than he loves himself.
9. Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.
10. Do what is right. Not what is easy.
11. Friendship isn't about who you've known the longest, it's about who walked into your life, said, 'I'm here for you,' and proved it.
12. To be pained by someone's death is to make their death about you.
13. I fight for my health every day in ways most people don't understand. I'm not lazy. I'm a warrior.
14. When you rush through a meal, no matter what time of day it is, your digestive system can't keep up. When that happens, it can't trigger the little flags in your brain that let you know you're full. Inevitably, you overeat.
15. It's not what you do once in a while; it's what you do day in and day out that makes the difference.
16. Most misunderstandings in the world could be avoided if people would simply take the time to ask, "What else could this mean?"
17. Your body is your best guide. It constantly tells you, in the form of pain or sensations, what's working for you and what's not.
18. Music expresses that which cannot be put into words and that which cannot remain silent.
19. My blogging life is basically goalless. I like the zen nature of that, and paradoxically, it improves results.

THE NOT-TO-DO LIST:

1. Everything on my plate - ???
2. Other people's responsibilities - ???
3. Stuff that's out of my control - ???
4. Stuff that drains me - ???
5. Stuff that doesn't need to get done - ???

10 MINUTES TO RECOGNIZE THE GOOD STUFF:

1. Things, people, and places I adore - ???
2. One thing I've worked hard to achieve - ???
3. One thing that's going well right now - ???
4. Two subjects or pursuits I'm passionate about - ???
5. Two people I can count on for warm hugs and kind words - ???
6. Three things to look forward to - ???

WHAT ARE SOME OTHER THINGS I AM WORKING ON:

???

Updated: October 10, 2021!