

My Well-Being To-Do List:

- I **remember** that I am so much more than what I do.
- I **rethink** how productive I need to be to feel valuable.
- I **remind** myself to choose progress over perfection.
- I **refocus** on smaller steps when I feel overwhelmed.
- I **rest** in the idea that all of my *should do's* are actually *could do's*.
- I **reignite** my light by choosing to do what brings me joy.
- I **recalibrate** my energy to one of peace + love.
- I **resolve** to give thanks daily for the little things.
- I **reevaluate** how I've been treating myself.
- I **recognize** what no longer serves me.
- I **remove** the clutter from my physical, mental, emotional + spiritual spaces.
- I **recharge** my batteries first before giving to others.
- I **return** to the knowing that I am loved exactly as I am.
- I **renew** relationships that truly uplift me.
- I **reenergize** my mind + body with loving thoughts.
- I **redirect** my focus to projects, people + activities that fuel my soul.
- I **realign** with what matters most to me.
- I **reset, renew and reshape** my life + move forward today with ease.