

MY WHEN LIFE WORKS LIST

Think about what habits and behaviours you have in place when your life just works.

When you feel good in your own skin, and like you're in charge of life (not just reacting to it) what self-care do you have in place?

Be as specific as you can.

For me, my life works when I'm:

- Meditating regularly
- Drinking water (and not too much caffeine or wine)
- Moving, even a walk
- Sleeping properly, 8 hours
- Connecting with my loved ones in a meaningful way



Your turn.

When life works, I'm:

Maybe you don't have to do ALL of these things on a regular basis, but experiment with roughly how many you're doing daily when life works.

BONUS: You might want to journal about the opposite too: When Life DOESN'T work. Same thing - be as specific as possible.



Thanks to the late Sean Stephenson for the When Life Works List concept.

www.mandylehto.com