*Thrive every day*

# The Thrive Daily Checklist

It's often the most obvious things we forget to do. Keep this where you'll see it, check in with yourself each day, and make it your own.

## Daily practices that help me thrive

- [ ] Physical activity
- [ ] Mental activity
- [ ] Emotional activity
- [ ] Food and water
- [ ] Fresh air and sunshine
- [ ] Time limits for screens
- [ ] Healthy sleep
- [ ] Laughter
- [ ] Gratitude
- [ ] Meaningful connection
- [ ] Physical affection
- [ ] Kindness: help someone
- [ ] Set and act on intentions
- [ ] Awareness of self and others

## Raise your awareness

How do these make you feel? What I'm watching, reading, listening to, eating and drinking. The space I'm in, the people I spend time with. My thoughts, my words and my actions. Lean toward what brings calm, confidence and well-being.

> **Discover the CURE.** Is what I'm doing, and who I'm with, Challenging, Uplifting, Rewarding and Educational?

### My personal list

On a good day, write the people and activities that help you feel like yourself.

Need help now? If you or someone you know is thinking about suicide, call or text 988 (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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