



VITALITY CHECKLIST

IDENTIFY THE ACTIVITIES
YOU CAN COMPLETE TO
ACHIEVE AND MAINTAIN THE
HIGHEST LEVEL OF VITALITY.

DAILY VITALITY CHECKLIST

A note from your coach...

The opposite of depression is not happiness but vitality. It's wanting to wake up and seize the day knowing that you value yourself enough to feel vital. Often this 'get up and go' has 'got up and gone', and we're left not feeling ready to face the day or complete the smallest of tasks. The key to achieving the maximum level of balance and success is a daily commitment to the smallest activities. The war is not won whilst in battle but in the time in between. By committing to positive daily self-care you can face the battle and win the war by simply creating a peace treaty.

By identifying the activities you can complete daily to achieve and maintain the most vital version of yourself you can set yourself goals. Consider what you would need to commit to in the core areas of your life in order to be the best version of yourself. How much sleep do you need? What do you need to eat? How often do you need to exercise? etc. **The key question, what do I do that makes me feel better?**

Comparatively, you can also step over to the dark side and identify the red flags. The activities you complete that make you feel worse. Or the missed targets that have the biggest impact on you.

MAINTAINING DAILY VITALITY

Once you have your Daily Vitality Checklist in place, all you need to do is commit to completing it daily. Identify any challenges you face with targets and take steps to make sure you can achieve them. Keep an eye out for hitting and red flags and take these seriously, it is these missed targets that give stress, anxiety, and depression the opportunity to begin to creep back in to your life. Whilst missing these targets at the time might seem like nothing, it's not worth the risk over the long term.

We've included a sample Daily Vitality Checklist to give you an idea of what to include and we recommend a conversation with a coach to help you identify all the key areas you need to include to maximise your vitality, and achieve balance and success.

a journey of a thousand miles begins with a single step

TARGET	MON	TUES	WEDS	THURS	FRI	SAT	SUN
SLEEP - OUT OF BED BEFORE 8AM. IN BED BEFORE 11PM. 8-HOURS SLEEP DAILY R RED FLAG: LESS THAN 7-HOURS SLEEP	✓	✓	✓	✓	✓	✓	x
WALKING THE DOG - DAILY FOR AT LEAST 30-MINUTES. NOT TO BE INCLUDED IN GOING OUT DAILY TARGET R RED FLAG: NOT WALKING THE DOG FOR 2-DAYS	✓	✓	✓	✓	✓	x R	x R
DRESSING IN CLOTHES YOU FEEL PROUD OF - DAILY WITH SUNDAY OFF R RED FLAG: A FULL DAY IN PYJAMAS	✓	✓	✓	✓	✓	✓	x hangover
MAKING HEALTHY FOOD CHOICES - DAILY R RED FLAG: BINGE EATING	✓	✓	✓	✓	✓	x meal out	✓
CLEAN AND TIDY LIVING ENVIRONMENT - DAILY R RED FLAG: NOT CLEANING UP BEFORE BED	✓	✓	✓	✓	✓	x left pots	✓
EXERCISE - AT LEAST 15-MINUTES A DAY, SUNDAY OFF R RED FLAG: MISSING 3-DAYS IN A ROW	✓	✓	✓	✓	✓	✓	✓
GOING OUT - AT LEAST 30-MINUTES A DAY R RED FLAG: STAYING HOME 3-DAYS IN A ROW	✓	✓	x felt ill	✓	✓	✓	x hangover
SOCIALISING - AT LEAST 2 TIMES A WEEK R RED FLAG: CANCELLING A SOCIAL ENGAGEMENT	x	x	✓	x	x	✓	x
CREATIVE - AT LEAST ONCE A WEEK FOR 15-MINUTES R RED FLAG: 2 CONSECUTIVE WEEKS WITHOUT.	x	x	x	x	x	x	✓

Each week, take time to reflect and celebrate achievements you made. Also, identify any challenges, such as red flags, and put in place actions to remedy these the following week. Finally, document any revisions you will make for the following week.

NOTE ANY OTHER ACHIEVEMENTS MADE

NOTE ANY OTHER CHALLENGES EXPERIENCED

NOTE ANY ADDITIONS YOU WOULD LIKE TO MAKE TO YOUR DAILY VITALITY CHECKLIST



Be more tomorrow than you are today.

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