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## BEST LIFE CHECKLIST

Research confirms there are certain things in life that if we follow them or prioritize certain actions, our life will be healthier and happier.

**Below you will find the Best Life Checklist, only** check the *completely true* statements. There are no right or wrong answers. The point is for you to view your life through your lens. Use it as a tool for self-improvement. Once you have gone through the list, look at the ones you could not check. Decide if they are statements you want to embrace. If so, develop a plan to achieve them one at a time. We are here to help and assist if you need us.

Lastly, take time to add in the space at the end the one thing you can do today (immediately) to Live **YOUR** best life. We hope you will share with us at [enterthepurplecircle@gmail.com](mailto:enterthepurplecircle@gmail.com) as your victories encourage all of us!

### WELL BEING

- I drink at least 32 oz. of water daily.
- I eat a sufficient amount of fruits and vegetables every day.
- I am conscious of my use of sugar, and I am within healthy limits.
- I am conscious of my television viewing habits, and I am within healthy limits.
- I sleep well and awake refreshed.
- I have a power down routine at night.
- My weight is within my ideal range.
- I have no habits which I find to be unacceptable.

\_\_\_ My teeth and gums are healthy. (I have seen a dentist in the last 6 months)

\_\_\_ My cholesterol count and blood pressure is healthful.

\_\_\_ I have had a complete physical exam in the past 3 years.

\_\_\_ I walk or exercise at least three times per week.

\_\_\_ I do not smoke cigarettes.

\_\_\_ I do not use illegal drugs or misuse prescribed medications.

\_\_\_ My nails, skin, and hair are healthy and look good.

\_\_\_ I don't rush. If I have things to do, I plan but take my time to avoid stress.

\_\_\_ I am aware of any physical or emotional challenges or conditions I have, and I am attending to them.

\_\_\_ I take time every week for myself.

\_\_\_ I pray daily and often.

\_\_\_ I practice consistently (spirituality / religion/ meditation / etc.)

\_\_\_ I have something to look forward to virtually every day.

\_\_\_ When I open my eyes in the morning, the first thing I do is give thanks.

\_\_\_ I celebrate when good things happen in my life.

\_\_\_ I eat my meals without looking at television, looking at FB or talking on the cell phone.

## **MY LIVING SPACE**

\_\_\_ I live in a home/apartment that I love.

\_\_\_ I live in the geographic area I choose.

\_\_\_ I live in a neighborhood that is safe and does not cause any stress.

\_\_\_ People feel comfortable in my home.

\_\_\_The place I live has an area where I can go to have peace, read, work on personal productivity or inspiration.

\_\_\_I have nothing around the house or in storage that I do not need.

### **MONEY**

\_\_\_I do not worry about money.

\_\_\_My income source/revenue base is stable and predictable.

\_\_\_I currently live well within my means.

\_\_\_I pay my bills on time, virtually always.

\_\_\_I have minimum balances on my credit cards.

\_\_\_I follow my budget.

### **RELATIONSHIPS, COMMUNICATION**

\_\_\_I have a best friend or a group of close friends I have mutual trust/respect.

\_\_\_I am a person of his/her word; people can count on me.

\_\_\_I communicate with friends and peers how they can assist me in meeting my needs and/or goals.

\_\_\_I get along well with my neighbors, friends and colleagues.

\_\_\_I have an individual in my life that inspires me. (teacher /hero /leader /guru)

\_\_\_I have let go of the relationships which drag me down or damage me.

\_\_\_I have communicated, or attempted to communicate with everyone who I upset, even if it wasn't fully my fault.

\_\_\_I am able to freely tell people my expectations of our relationship.

\_\_\_I easily apologize and easily forgive.

\_\_\_I always tell the truth, no matter what.

\_\_\_I feel love and respect from people around me.

\_\_\_I quickly correct miscommunications and misunderstandings when they do

occur.

\_\_\_ I live life on my terms, not by the rules or preferences of others.

\_\_\_ I am complete with all past significant relationships.

\_\_\_ I do not judge or criticize others.

\_\_\_ I do not “take personally” the things that people say to me.

\_\_\_ I have a circle of friends/family who love and appreciate me for who I am, more than just what I do for them.

\_\_\_ I consistently communicate with my immediate family and tell my family members that I love them.

### FOR ME

\_\_\_ I spend time alone and I enjoy doing it.

\_\_\_ I don't spend a lot of time on mindless internet browsing.

\_\_\_ I encourage myself at least once a day.

\_\_\_ I have a gratitude or grateful routine daily.

\_\_\_ I read or listen to personal development daily.

\_\_\_ My time is organized.

\_\_\_ I smile at others when I am outdoors.

\_\_\_ I control my temper.

\_\_\_ I volunteer or participate in activities to give back.

\_\_\_ I participate in social activities every month.

\_\_\_ My clothes are all pressed, clean and make me look great.

**What is the one thing you can do today** (immediately) to Live **YOUR** best life?

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