

DR DAN CRAIG

THE GOOD LIFE CHECKLIST

*Complete this at the start of each day to give yourself the best chance of
YOUR BEST LIFE!*

- Eat fresh fruit and veggies**
- Go to sleep and wake up at a similar time**
- Avoid looking at bright lights late at night**
- Do at least 10 minutes of exercise a day**
- Try to go outside for 10 minutes**
- Drink four glasses of water a day**
- Listen to positive uplifting music**
- Tidy your bedroom**
- Look at your vision board each day**
- Ask your mentor one question**