

Every feel like life gets a bit off track? Wouldn't it be nice to have an easy reference guide for the things you know get you back on top of what is most important to you?

Use the following checklist to create your own personalised Reboot List - those actions, habits and systems that improve your well-being and make you feel like you're setting yourself up to win!

HEALTH

- 1.
- 2.
- 3.
- 4.

SYSTEMS

- 1.
- 2.
- 3.
- 4.

LIFE-GIVING ACTIVITIES

- 1.
- 2.
- 3.
- 4.

OTHER : - - - - -

- 1.
- 2.
- 3.
- 4.

CREATING A REBOOT LIST

A DELIBERATE LIFE

