

# Daily Alignment Checklist

This checklist is designed to help you center yourself and cultivate a sense of peace and calm throughout your day. Take a few moments to connect with yourself and realign your energy. This can be done at anytime during the day, not just in the morning. These are simple, achievable steps that can be easily integrated into your day.

## 5 Steps to Daily Alignment

### Instructions:

- **A Still Start** : Instead of a loud alarm, try a soft sound or waking up slowly. Give yourself five minutes of quiet before you touch your phone or the TV.
- **The First Glass**: Drink a glass of water first thing. It's a simple way to respect your body and wake up your internal systems.
- **The Daily Huddle**: Take 10 minutes to connect with your Faith. Pray, write down what you're thankful for, or just talk to God about the day ahead.
- **A Strong Foundation**: Eat a breakfast that makes you feel good, not heavy. You need steady energy to build your wealth and your future today.
- **Purposeful Movement**: Lets get the blood flowing. Stretch your back, take a walk to the end of the street, or just move around your house. It tells your body it's time to go.

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Taking just a few minutes day to focus on these simple steps can significantly improve your overall sense of well-being. Prioritize these practices for creating a more centered and balanced you.