

YOUR DAILY LIST

HIT THE HAY EARLY

BOOKWORM TIME

RISE AND SHINE EARLY

OUTDOOR BREATHS WITH FIDO

DAILY MEDITATION

QUICK JOURNAL SESSION

MOVE THAT BODY!

TIDY IT UP

BIG DREAMS, BIG WINS

ENERGY CHECK-IN

OPEN HEART, OPEN MIND

MAKE TIME FOR OTHERS

I Believe in you Natasha Rosie

My daily task list that now belongs to you!

This list is what I created over the last few years. It's helped me push through my depression, manage my anxiety and go from miserable stuck in bed to up early productive and happy!! Now I pass this list on to you, with the hopes that you too can get to a better place. Remember, I understand your pain, stress and frustration. I've been there and I will never forget it because my story is now my super power to help guide you so that you are no longer left sad and alone in the dark. Let me be your little flicker of light and hope that's going to ignite the beautiful you that hides inside and is soon ready to shine through your soul and finally live your absolute dream life baby!!

None of this has to take hours and hours. These are my personal examples that work for me, if they work for you great! Or custom them to your life and your day so that it will work for you.

1. Hit the Hay Early

Promise yourself a restful night by getting to bed early. Your future self will thank you for it!

I know...it's hard trust me!! I was a pro night owl for years and laughed at the idea of going to bed early. It took time....the best way is small manageable increments. So start by aiming for 15mins earlier than you are used to. Do that for as long as it takes to become normal then try for 20-30 minutes earlier. I aim to be in bed before 10pm to give me time to read

I do have a better day, it's easier for me to get up early so that I have plenty of time during the day to do everything I want to do.

2. Bookworm Time

Spend some calming moments before sleep getting lost in a book. It's the perfect way to wind down and escape for a bit.

I went through a long phase of self help books but recently I have gotten back into fiction. I find it's nice to escape from my day, plus engaging my mind and using my imagination. One of my favorite authors is Karen Swan, she's great of you love romance with strong female leads and lots of twists!

3. Rise and Shine Early

Set your alarm to get up early today. Embrace the quiet of the morning and the extra time to plan your day!

I know getting up early sucks! If all you do for the first few days or weeks is lay there swearing at the world, great! Remember that building or breaking habits takes time, just stay as consistent as you can. Just start. But like I said go to bed early first to help you do this next step. The more time you have in the day the less rushed and stressed out you will be. And if you love wine like me you have to stop drinking at least a couple hours before bed, otherwise you may not get into rem sleep which is the most restful sleep that your body needs. So put your phone far away from your bed, snuggle in with a book and enjoy your cozy time. Going to bed is one of my new favorite hobbies!

4. Outdoor Breaths with Fido

Take your dog for a refreshing walk. Enjoy the fresh air, bond with your pup, and soak in nature's beauty!

In the morning I take my dogs outside (2 Chihuahuas and one Dachshund in case you were wondering) with some treats, wait for them to do their business then scatter their treats. (Keeps their poops and peeps in one place if ya know what I mean) While I'm waiting with them I will look at the sky or the view and take in 3 deep breaths. Taking in the nature and fresh air. This really helps me to open up, relax and ground myself.

5. Daily Meditation

Take 5 minutes to meditate today. Focus on your breath and cultivate a sense of calm and clarity to set a positive tone for your day. If your mind wanders, let it, then just keep coming back to your breath. Box or square breathing is great, this is when you breath in for 4, hold for 4, breath out for 4, hold for 4 and repeat. You can work your way up to 10 and higher, whatever feels good to you (also so good for anxiety)

I do this after school drop off. No way can I have some quiet time and get the kids ready for school plus I want to be present for my girls. I come home, grab a coffee of water, pull my favorite chair facing the window and snuggle in. I breath deep for at least 3 breaths, say my little Akashic prayer (not mandatory lol) and spend a few moments with my spirit team. Do some energy clearing and energy checks, ask for guidance on anything I may be needing that day. Wait until I'm calm and at ease, then move on with my day.

6. Quick Journal Session

After meditating, jot down one or two words(yup I said "jot") that capture your feelings or intentions for the day. It can serve as a powerful reminder of your mindset.

During my meditation is when I journal, I'm already sitting down in a peaceful state so it's the best time for me to write. It may be a few sentences or sometimes a page. I wasn't always into journaling. I found it hard to be honest I had nothing to say....or maybe I just wasn't listening...

Just start with how you are feeling, what the sky looks like today and your plans for the day. As you get used to it your writing will become more in-depth and flow much easier. Sometimes I write the same thing as yesterday especially when I'm in the process of manifesting or working on something specific.

7. Move That Body!

Engage in some form of exercise today. Whether it's a workout, a dance party or just stretching—get that blood flowing!

I know...I'm sorry but it's true movement is everything when it comes to your mental and physical health. For me it helps to move energy blocks and get my creative energy flowing. Even if it's a 10 minute stretch and 5 minute yoga or a 15 min walk. Do something daily that you enjoy doing. Another way is to do NEAT non exercise activity thermogenesis. (Acronym baby!!) So doing chores, tidying up or organizing or even gardening are great ways to move your body when you don't want to commit to a workout session.

8. Tidy It Up

Dedicate some time to tackle 1 or 2 small organizing tasks around the house. Clear space leads to a clearer mind!

Your desk, your underwear drawer, your kids craft table your dogs blankets in the wash. (That reminds me I have a load of laundry in the washer) Anyways something not too long or hard but productive and satisfying!

Next for me as I write this...one pantry shelf a day...ugh lol

9. Big Dreams, Big Wins

Roll up your sleeves and dive into your big goals—spend at least 20-60 minutes on career, business, school, or studying. Every step counts!

Dude even just 10mins! Right down an idea, a step you need to take, anything that is working towards that big thing that you feel is unachievable. (Something I help a lot of my clients with, it's a common problem) Analysis paralysis! Trust me if I can go back to acting after 20 years of putting it off and letting it haunt the F out of me!! If I can quit smoking, if I can get off my meds, if I can become a morning person....I could go on but you get the point. Work on your dreams, please. When you go to bed tonight, ask yourself, "did I take at least one tiny step towards that big scary thing I want so bad?" If the answer is "YES" then yay you!! If the answer is a big fat "NO", well..then..up you get, out of bed and...Just kidding, try again tomorrow, ok? Ok? I can't hear you??? That's better.

10. Energy Check-In

Take a moment to assess how you're feeling. Are you energized? Stressed? Acknowledge your feelings and adjust your plans accordingly.

Energy check and open heart. This is my most recent method of helping me with anxiety and depression. If I feel triggered I take a moment to check in with my mind and body and work through what is going on. This will stop it from taking over my body and ruining my day. Feel where the energy is sitting, talk to it or just acknowledge it and then release it and move on. It's these tiny things that prevent us from having a bad day and staying on more high vibrations. (Watch that self talk, be kind to yourself, imagine little you, would you say those things to her?)

11. Open Heart, Open Mind

Affirm your intentions for the day. Keep your heart open to new experiences and positive interactions.

Heart open. I lived with my heart closed for years which stopped me from fully loving and receiving love. This is something that you can practice while you are meditating. With deep breaths feeling into your heart energy breathing until you feel warm and happy inside it feels vulnerable at first but just go with it. Living with your heart open is how you receive all the good things too. It's like a one sided relationship, it works both ways. If this sounds too scary, I get it, I get it, I really truly get it. You are not alone and you are stronger than you know.

12. Make Time for Others

Make sure to carve out space in your day for friends and family. Check off the essentials first, so you can enjoy meaningful connections without feeling rushed.

Make time for others. Now that you have had such a productive day, you are in the mood and have the space and time for others. Time with my kids is 100% on them so so worth it. I have mom guilt from the past, from not giving my kids my full attention, it does not feel good in my body but I am grateful I have the awareness now, to get my stuff done, for them.

Closing credits

I know a lot of it sounds “woo woo” and you have tried it all and nothing works....As Tony Robbins says “Have you tried everything? Like actually everything?” That’s impossible so the answer is “no” you haven’t tried everything. It’s not too late and you are not too old.

I can’t stress enough how far I have come with these easy daily steps. Ok maybe some aren’t easy right now but they will be if you just keep practicing. You learnt how to walk and talk right? So there’s proof you have won at least twice in your life, which is EVIDENCE that you can do it again boo. (Boo as in babe not ghost)

Give yourself Grace during each process, check your self talk, do your energy checks. You will find that those small things just don’t bother you anymore or at least not as much. Your patience is growing, your mood and energy feel lighter and soon your creativity will be flying out of you and you will be complaining like me because now I have too many amazing ideas, like this list!!! But guess what, that’s exactly how I got my ass out of bed and completely changed my life. I got out of my crippling depression, I now have 98% less anxiety, I have a business, hobbies, new friends and I am always growing! Plus I am in the process of recreating a happier marriage which nearly ended in divorce....yup. (a whole other list...)

My mood is light and fun, I feel joy and happiness again. And energy!! I am finally connected with me.

Use the list I have provided for you or find one that you love!!

I believe in you☆

Natasha Rosie



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I am so glad you made it



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