



5-Day Motivation Jumpstart Checklist

Thanks for subscribing to my website! As promised, here is your **5-Day Motivation Jumpstart Checklist** to help you build momentum, boost your energy, and stay focused on your goals. Let's rise together.

Day 1 – Meditation + Movement

- Complete a 5–10-minute meditation <https://youtu.be/f4eDts3P1U?si=ltzjyFh49QjM1n0i>
- Do a 30-minute workout
- Write one plan or intention for the week

Day 2 – Workout for YOU

- Choose a workout that feels right for your body
- Move for 30 minutes
- Take a midday meditation break
- Drink 8 glasses of water

Day 3 – Mindset Reset

- Journal for 10–15 minutes
- Move for 30 minutes
- Write down one thing you're proud of
- Identify one thing you want to improve

Day 4 – Self-Care Day

- Do one intentional act of self-care
- Move for 30 minutes
- Take 10 minutes of quiet time
- Do something that brings you joy

Day 5 – Goal Setting + Celebration

- Write three goals for next week
- Move for 30 minutes
- Celebrate your progress — big or small
- Reflect on how you feel after five days