



The Eight Pillars™

Personal Checklist

Daily Goal: _____

Eight Day Goal: _____

___	Date: _____
	Exercise
	Food
	Gratitude
	Hydrate
	I sleep
	Just relax
	Kindness
	Look up
	Total

___	Date: _____
	Exercise
	Food
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	Hydrate
	I sleep
	Just relax
	Kindness
	Look up
	Total

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Eight Day Total: _____