



Life by Design

Create the life you've always intended, *On Purpose!*

Shelter in Place Daily Worksheet

Instructions & Examples

Use this worksheet every day to help you focus your attention on seven very important aspects of your life.

How do I feel right now? How do I want to feel?

Really ask yourself this question. Tell the truth. Acknowledge how you feel and own it. If you discover that this is a feeling or a state of mind that you don't want to be in, claim or name the feeling you DO want. By naming where you are and where you would rather be shortens the distance between the two. It allows you to see ways to shift your thinking, which shifts your feelings and brings you closer to what you want.

What am I especially grateful for in this moment?

Gratitude is the quickest way to feel better. But in these crazy times, being in lock down and uncertain how things are going to shake out, feeling thankful may be elusive and hard to do. But I promise you there are things RIGHT NOW you can be thankful for—for example the cheerful sunshine, the flowering cherry tree in your front yard, the roof over your head, the friends who text you to check in, those soft sheets you were called to buy, the smell of coffee, YouTube and the access it provides for you to learn and explore new things. You get it, right?

How can I best take care of my body today?

Our bodies need some special TLC, especially if we're processing a lot of emotions. So what are you going to do today to nurture and nourish your body? Take a walk? Drink extra water? Go heavy on the veggies? Pull out that old exercise video? Take a long



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bath? Slather down with lotion? Do something to deliberately take care of that magnificent body of yours!

How can I expand and nourish my mind today?

Gotta stretch your mind as well you know—but we often forget this one. But just like our body, our mind needs nourishment and TLC. We need to do something every day to stay sharp. Can you watch a video on professional knife skills to improve your cooking acumen? What about reading a book that stretches you in some way? Work a puzzle? Learn a new knitting stitch? Research what kinds of plants will work in your zone?

What can I clean or clear or get rid of today?

This is HUGE for keeping us “lean and mean.” Look around and determine something each day that can be really deep cleaned, reorganized or thrown out. Shaping and shifting your environment is one of the BEST ways to keep your spirits high. I recommend you complete the [Shelter in Place Project List](#) so you have some ideas of tasks you can do each day.

What boundaries or limits do I need to set today? Why do I need these limits?

Boundaries and limits are so important, especially during hard time. Are you watching too much news? Talking too much about the “worst case scenario”? “Eating everything in sight because, well, why not!?” Watching 10 hours of movies back to back without a shower? If so, you may need to set some limits on yourself for your own good. These behaviors may be helping you deal with the stress in the short run but when you take them too far, they do the opposite—they cause you more stress in the end. So, what and where do you need to set some healthy boundaries on yourself or others?



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How can I share myself and my gifts with others today?

In hard times and in times of crisis, it's so important to do what you can to focus at least some of your attention on others. Not so much where you neglect yourself, but enough where you don't become mired in the miasma of the crisis itself. So, I invite you to ask yourself how you can help someone else, share your gifts, or give back in some way. Call or text a friend? Offer to shop (with your mask on of course) for someone who is immune-compromised or elderly? Make masks out of spare fabric for your family? Make a video teaching the world something you know how to do? Tell jokes on Facebook? How can you share your marvelous self today?

Print out a stack of the following page and complete one each morning as you have you begin your day. Use it as a touch stone to keep you designing your ideal day.



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Shelter in Place Daily Worksheet *Date:*

1. How do I feel right now? How do I want to feel?
2. What am I especially grateful for in this moment?
3. How can I best take care of my body today?
4. How can I expand and nourish my mind today?
5. What can I clean or clear or get rid of today?
6. What boundaries or limits do I need to set today? Why do I need these limits?
7. How can I share myself and my gifts with others today?



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Shelter in Place Project List

Instructions & Example

This is an excellent time to take an inventory of your home environment and see what needs to be done. Here are some questions and suggestions to help you make this list.

1. Walk through each room by room and make the following lists:
 - a. Things that belong somewhere else
 - b. Things that need to be repaired
 - c. Things that need to be returned to their owners
 - d. Things that need to be donated
 - e. Partially completed projects
 - f. Deep cleaning that needs to be done
 - g. Permanent changes you would like to make
2. Look at your finances
 - a. Are there taxes, wills, password protections etc. that need to be done?
 - b. Are there important papers to be filed?
 - c. Are there paper/receipts/bills to be purged or shredded?
3. Walk around your property and take an inventory of the following:
 - a. Where is yard maintenance required?
 - b. What needs weeding?
 - c. What needs to be planted?
 - d. What needs to be repaired or replaced.
4. Look at your car. What maintenance or cleaning needs to be done?



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Use the form below to record all of these items.

Note: Don't look at this like a To-Do list, rather look at it like a buffet. It is a list of things you can choose from each day depending on your mood, your energy level and the amount of time you have to devote to the task.

If you really want to up the ante, write beside each item on your list how you will feel when it's done! Imagine what it will feel like when this crisis is over, and you have accomplished a lot of those hairy and scary things you've been putting off!!!

<input type="checkbox"/> Wash Kitchen Cabinets	<input checked="" type="checkbox"/> Pressure Wash the Outdoor Rug
<input checked="" type="checkbox"/> Purge old \$ papers/shred	<input checked="" type="checkbox"/> Organize Work Shelves in Basement
<input checked="" type="checkbox"/> Caulk Tub in Downstairs bathroom	<input type="checkbox"/> Clean Baseboards
<input checked="" type="checkbox"/> Clean & Paint outdoor pots	<input type="checkbox"/> Repair & Paint Front Door
<input checked="" type="checkbox"/> Deep Clean Office	<input checked="" type="checkbox"/> Mulch at top of driveway
<input type="checkbox"/> Deep Clean Guest Room	<input checked="" type="checkbox"/> Grass Seed on Side Yard
<input type="checkbox"/> Deep Clean Living Room	<input checked="" type="checkbox"/> Scrub the Mailbox
<input checked="" type="checkbox"/> Deep Clean Downstairs Bath	<input checked="" type="checkbox"/> Pressure wash Garage & Trash Cans
<input checked="" type="checkbox"/> Organize LbD Computer Files	<input checked="" type="checkbox"/> Detail Car
<input checked="" type="checkbox"/> Clean the Outdoor Fridge	<input checked="" type="checkbox"/> Vacuum the Basement/Garage
<input type="checkbox"/> Sort Old Photos	<input checked="" type="checkbox"/> Tidy Attic Closet
<input type="checkbox"/> Purge Bookshelves	<input type="checkbox"/> Mend Torn Pillow in Bedroom
<input type="checkbox"/> Repaint Front Porch Table/Chairs	<input type="checkbox"/> Feed Indoor Plants
<input checked="" type="checkbox"/> Trim Ivy at the Driveway	<input type="checkbox"/> Change intro to Guided Med.
<input type="checkbox"/> Complete Five Wishes with Mark	<input checked="" type="checkbox"/> Collect items for Garden Sale
<input type="checkbox"/> Finish On-Line Will & POA	<input type="checkbox"/> Rake the back Yard

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Are you ready to live your life — On Purpose?

I work with people who want their day-to-day life to reflect their truest desires. People who want to make everyday count and create a beautiful life, inside and out.

I know firsthand that having the desire is often not enough. We need tools and strategies and accountability. We often need someone outside ourselves to point the way.

That's where I come in. I'm here to help you in a variety of ways.

Podcast: , Live Your Life On Purpose† (formally A Well-Designed Life†) is available on my site as well as wherever you like to listen. (iTunes, Google, Spotify, Stitcher & more)

Facebook: LifebyDesignwithCheriHoneycutt

Instagram: cheri.honeycutt

And of course, coaching. Are you ready to create a beautiful life, inside and out?

Then let's get started. For about the cost of a quality haircut and color or a new dress & earrings, we can have a conversation that I guarantee (really, I do) will change the trajectory of your life. I guarantee it! Coaching:

<https://www.cherihoneycutt.com/get-started>.

