

SPIRITUAL HEALTH – *having a high + delicately refined mind, will and emotions*

- ☐ Be still and meditate; pray and read your Bible regularly
- ☐ Find the lesson in every discomfort or pain
- ☐ Respond with obedience to go higher
- ☐ Attend religious services and meaningful events
- ☐ Forgive and refuse to be a habitat of contempt for anything or anyone
- ☐ Know and build upon your spiritual gifts
- ☐ Have faith by believing for what you cannot explain or for what you do not yet see

MENTAL WELLNESS – *mindful of how you think, feel + behave*

- ☐ Assess how you've been thinking, feeling, doing
- ☐ Talk to a clinician, expert, mentor
- ☐ Eat healthy; reduce alcohol intake
- ☐ Schedule Exercise as part of your daily routine
- ☐ Make any necessary lifestyle changes
- ☐ Understand that taking medication does not cure but could improve symptoms
- ☐ Find a safe place to share how you've been thinking, feeling and doing

EMOTIONAL MASTERY – *maintaining control of time + length of thoughts, feelings + behaviors*

- ☐ Be in tune with what emotion[s] flood your mind daily
- ☐ Speak up when you feel you have been violated or a boundary was crossed
- ☐ Find and focus on your purpose in life
- ☐ Exhibit self-care, self-compassion, self-awareness, self-acceptance
- ☐ Answer the question of what does your body need right at this very moment
- ☐ Adapt healthy sleeping habits
- ☐ Prioritize peace in your environment

BEFORE YOU CRASH – *your gentle reminder*

- ☐ Pay attention to your aches and pain in your body
- ☐ Boost energy levels by drinking water, a smoothie or taking a nap
- ☐ Remove items from your to-do list that cause overwhelm to sometime in the future

CONTROL + ALT + DELETE – *the interruption of a function that no longer serves you*

- ☐ Now is the time to revisit your best mental, emotional and spiritual practices that you may have neglected
- ☐ Know your triggers
- ☐ Take immediate action of removing someone or some issue that no longer adds value

REFRESH YOUR BROWSER – *unapologetically manifest your healing*

- ☐ Make any necessary upgrades [a simple change] in your life
- ☐ Become community minded (Give to a cause, volunteer your time, support a friend's business)
- ☐ Set a modest goal [i.e. drink water every day]

STILL LOADING – *know that God is not through with you yet*

- ☐ Remind yourself that greatness takes time to develop
- ☐ Realize that taking a step in the right direction is worth recognizing;
- ☐ Be gentle with yourself

DOWN FOR MAINTENANCE – *temporarily pause as needed to administer care + maintain upkeep*

- ☐ Take a break | step away | unplug | disconnect temporarily to reboot emotional and mental wellbeing
- ☐ Fast to eliminate distractions
- ☐ Pray to establish a strong and healthy relationship with God
- ☐ Read the Bible to find wisdom and answers | Incorporate devotional books that build faith and strengthen your spiritual walk
- ☐ Take a sabbatical to reconnect with God, evaluate your journey and listen for guidance

ALL SYSTEMS GO- *maintaining protocols*

- ☐ In relationships, decision making, conducting business, self-care... using all of the above as inspiration

*If you enjoyed reading "Reboot: Operate on a Whole New Level",
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