CHECKLIST

Your outdoor daily routine checklist

- [ ] Choose one outdoor anchor and fix its time or trigger
- [ ] Decide the backup version for impossible days
- [ ] Track the routine for seven days without judgment
- [ ] Adjust once after the first week if needed
- [ ] Add a second anchor only when the first feels automatic
- [ ] Use grounding techniques when urges or anxiety rise
- [ ] Return to the plan the day after you miss it, no drama