

THE TODAY LIST

An A to Z of Today-Focused Living

By Alik Reddy

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A Word of Love

During my years of teaching and coaching, I've discovered that the biggest thing holding us back is the ability to put into practice what we learn. It's easy to absorb information, but it doesn't automatically translate into action and the transformation we want.

Why? Because good intentions aren't as effective as insights about your true nature and forced effort isn't as powerful as living in alignment with the flow of life.

This is why I created the Today List, an A to Z of what I call Today-Focused Living. These are simple, delightful and empowering practices that save you from living every day in the same way.

With Today-Focused Living, you free yourself from the trap of living in the remembered past and anticipated future. Instead, you learn to become truly present with life, which spontaneously results in a feeling of wellbeing.

These 26 practices take into account your whole being: physical, psychological and spiritual because neglecting any one of them leads to a life that feels out of balance.

However, this isn't a To-Do list. These items aren't to be considered things to get done every day. This is all about changing your relationship with every aspect of yourself. Trust yourself to feel your way through it, intuiting what you need and when.

If you approach it with an open mind and heart, this gentle approach can radically transform your daily experience of life for the better. Within just a few days you could be feeling more balanced, grounded, peaceful and content than you ever have.

This is my gift to you. Read it, explore it, try it, get familiar with it, fall in love with it, memorise it and hide it in your heart to guide you for the rest of your life.

It will never grow old or outdated because everything on it fosters wisdom and wellbeing, bringing you back home to your true nature of love, compassion and acceptance.

Aliki 

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It has to be gentle. You have to be in right relationship with your thoughts and this is only possible from presence, because when you're present you are love, you are acceptance, you are compassion.

It's who you are. You don't have to do it. It's who you are. And so, it's you, meeting these aspects of yourself. It's as if everything is being revealed in love, in this energy of love, acceptance, compassion.

Even if judgement arises, no problem, you notice that - even that's revealed with love. "Wow, I'm so judgemental! That's amazing. Wow, I never stop thinking! One thought after the other. I'm feeling unworthy, how interesting!" You feel it, maybe have a little cry, but you're not lost in it.

Right relationship. It's the only thing that will awaken and liberate you.

Leonard Jacobson

How to Use This List

Please start by watching this 3 minute video:



Some suggestions:

- Choose one to three things from the list to do every day.
- Choose one thing to focus on for a week or more until it starts to become familiar.
- Read through the list every day until you have it memorised. Play memory games by picking a random letter and seeing if you can remember the corresponding point.
- Just for fun, see how many things you can do in one day.
- Start with the points that feel the easiest for you but stay open to the whole list because every day is new and your intuition may lead you to try something different one day.

Above all, pay attention to your inner feeling and be careful of falling into the trap of trying too hard to achieve something. This is about realigning yourself with the flow of life and enjoying the journey. Be kind and patient with yourself as you find your way.

A PPRECIATE NATURE

“To bring your attention to a stone, a tree or an animal does not mean to think about it, but simply to perceive it, to hold it in your awareness. Something of its essence then transmits itself to you. You sense how deeply it rests in being and you too come to a place of rest deep within yourself.”

~ Eckhart Tolle

We spend most of our time living in our mind-made identity with our ideas and beliefs of who we are and what’s wrong with us. Nature has the power to bring you out of your thought-created world and back to the present moment.

When you appreciate nature, you become realigned with its healing and balancing energy and return to your true self. It brings you back to a place of peace, tranquillity, joy, wisdom, stillness and clarity.

Appreciating nature can be as simple as listening to the birds, looking at the leaves on a tree, noticing the sky, smelling the fresh air or just spending time with your pet.

Today, all of nature is inviting you to be present with it. All that matters is how you will respond. Allow your relationship with nature to deepen and discover how satisfying and magical this can be.

BREATHE CONSCIOUSLY

*“Thoughts and feelings come and go like clouds on a windy day.
Conscious breathing is my anchor.”*

~Thich Nhat Hanh

Taking a conscious breath is probably the easiest thing that you could ever do. You can do it anytime, anywhere and it will immediately begin to ground you.

By turning your attention to your breath going in and out of your body, you become fully present. In fact, if you take two or three deep conscious breaths, you can quickly bring yourself into a beautifully relaxed state.

Never underestimate the power of conscious breathing. It's your built-in, calming energy, bringing you from your busy mind to your peaceful heart. Your breath is always with you. All you need to do is give it your attention. Use your breath as an anchor to come back from the world of your mind to this moment.

Become aware of your breathing throughout today and notice how it calms your feelings, settles your mind, relaxes your body, and brings you into the peace of present awareness.

CLEANSING PRAYER



*I'm sorry.
Please forgive me.
Thank you. I love you.*

~Hawaiian Ho'oponopono Prayer

Cleansing prayer is an internal blessing that happens when you become aware of the fact that there's something that's not allowing the divine life to flow through you freely.

Consider how often we clean our faces, bodies, dirty clothes, dishes and homes, yet we don't seem to have the realisation that we also need to regularly clean our souls. Without cleaning all the oldness from our being, we are in danger of going through life in the same way, having the same toxic thoughts, emotions and interactions day after day after day.

Today, if you sense something in you that is less than love towards another person, or you become aware of a complaining energy in you, take a moment to say or sing a cleansing prayer that resonates with you. The words you choose are not as important as the state of your heart and the desire to let go of the past.

Today, be sensitive to the need for inner cleansing and open the way for life's energy to flow freely through you again, strengthening your spirit and making you a vessel of blessing on this earth.

DECLUTTER

“Clutter isn't just the stuff in your closet; it's anything that gets between you and the life that you want to be living.”

~ Peter Walsh

Decluttering is one of those things that we have been told we should do, but if we're not careful, we can easily fall into self-judgment and criticism, which isn't helpful. It's important to remember that this isn't a to-do list, so there's no pressure or expectation as we explore this topic.

The beauty of decluttering is that it creates space in your life. Whether we're talking about your physical belongings or digital clutter, all types of decluttering are healthy and beneficial.

Today, tune into any unused, unloved and unnecessary items in your life. Notice the stagnant energy they carry that affects your environment.

Take a few moments to create space in that area of your life and breathe more freely as a result.

EAT CONSCIOUSLY

“*It's only by bringing a habit into your conscious awareness that you can observe what it's doing, how it empowers and serves you or doesn't.*”

~Jeff Olson

Today, bring some conscious awareness into your eating by noticing how you feel before, during and after you eat.

When you eat, sit down and let yourself have some uninterrupted time to simply enjoy your food. If this seems strange and you want to be on a device or watching TV while you eat, you have the freedom to do that but, at some point in your day, allow yourself the experience of only focusing on eating.

There's a lot of guilt, shame and frustration around this subject of eating, but the beauty of Today-Focused Living is that it doesn't matter about your past history or future intentions. These only exist in your mind. In truth, the slate has been wiped clean and all that matters is today.

Be kind and patient with yourself as you learn to listen to the intuitive wisdom of your body and start paying attention to what it's saying.

F EEL FREE

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*Presence is the key to freedom,
so you can only be free now.*

~Eckhart Tolle

What a blessing it is not taking today for granted! We have a mind that is fixated on limitations so it's easy to think of all the things we want to do that we feel we can't, but don't pay too much attention to those thoughts that keep you feeling like you're in a rut.

Feeling free is about becoming aware of just how much freedom you have to NOT live a boring life. Do you have any idea how many opportunities you have to live your life differently today? If you can open your mind to see that everything you do is a choice, suddenly, your days can get a lot more interesting.

Today you have the freedom to live a new day in a new way. Embrace life more fully and have the courage to try new things. Feel free to not do what you usually do and to do what you don't usually do. See what it's like to change things up a bit.

Above all, don't take today for granted. It's the most precious gift and you get to choose how you're going to live it.

GIVE THANKS



*It's not the happy people who are grateful.
It is the grateful people who are happy.*

~Francis Bacon

As you explore the items on this Today List you will find that gratitude spontaneously rises up in your being. Giving thanks is something that happens very naturally when we slow down and become present with life. In this state of natural appreciation, you can't help but give thanks for so many things: the sunshine, the trees, the food on the table and the people in your life.

Consider all the things you take for granted every day, like being able to see, what you can do with your hands, the sound of music and even being able to breathe. Realising the miracle of life means that you can't help but give thanks.

When you wake up in the morning, give thanks for being able to live another new day, and having the freedom to spend those hours in a way that pleases you. This is such a simple point, yet often overlooked. Always remember that a thankful heart is a happy heart.

HUG MINDFULLY

“Hugging with mindfulness and concentration can bring reconciliation, healing, understanding and much happiness.”

~Thich Nhat Hanh

Can you find someone to hug today? Hugging in itself is a wonderful practice which has many benefits, but if you slow down and give a more mindful hug, you will sense that there is a beautiful energy and oneness between you and the other person.

Hugging is something that we do, like eating and exercising, without necessarily being conscious of what we're doing. We are used to living in quite a mechanical and conditioned way, so it may seem strange at first to slow down and be more present in what you're doing.

See if you can find an opportunity to hug someone mindfully today and notice how it makes you feel. One simple, mindful hug can make a surprising difference to your relationships and your wellbeing.

I NSPIRED LEARNING



*Education is not the filling of a pail,
but the lighting of a fire.*

~William Butler Yeats

Most of us grew up in the education system which tends to be very rigid and structured, often focused on memorisation and taking exams. In this type of environment, where you were compared with other children in your class, your creativity and love of learning may have been somewhat suppressed.

Understanding this is helpful because it means you can have a fresh start with learning, disregarding any old beliefs about not being good enough or clever enough.

Today, you can allow yourself the freedom to enjoy inspired learning. With inspired learning, you can relax out of all the old stories and listen to your heart instead. What do you feel drawn to learning about today? What have you been interested in for a while but not pursued? What fills you with joy and makes your heart sing?

Always remind yourself that it's never too late to give yourself the education you've always wanted.

JOURNALING

“*Fill your paper with the breathings of your heart.*

~William Wordsworth

There are so many different kinds of journaling (do some research) but the main point here is to have a safe and enjoyable way to express yourself. You can use a mixture of writing, drawing, painting, collage - absolutely anything goes!

Everyone who journals regularly finds it beneficial. Some say it's like therapy, some use it for productivity, but we can all use it to explore and develop our creativity.

A good way to begin is to simply put something down on the pages of a journal and then see how that evolves. If you let it, your art and writing will take on a life of its own. In this way, you'll discover your own style of journaling that works perfectly for you.

It's normal to discover blocks, such as being afraid to make a mistake or judging yourself unfavourably with others, but honour your life journey today by not taking those thoughts seriously and allowing your creative expression to shine through.

NOW YOURSELF AS AWARENESS



In order to rest as awareness, relinquish the neurotic need to understand and to do.

~Adyashanti

This may well be the most important point on the Today List. We're already familiar with the physical (body) and psychological (mind) aspects of our being, but we also need to know the deeper, spiritual aspect of who we are in our essence.

Although your thoughts are always demanding your attention, they are not who you are. You are the one who is aware of them. You are the awareness of your entire human experience because you are the space in which all things happen.

The easiest way to know yourself as awareness is to take a conscious breath or focus on any sounds you can hear. This profound perspective shift takes you from being trapped in the prison of your mind to resting in the seat of awareness.

Give yourself grace as you practise knowing yourself in this way. Keep making the shift from the world of your mind to present awareness and discover the deep, inner peace that is always to you right now.

LISTEN TO WISDOM

“When the wise tell us to look within, they are directing us beyond intellectual analysis of personal thought, to a higher order of knowledge called wisdom. Wisdom is an innate intelligence everyone possesses deep within their souls. Find the spiritual wisdom that will guide you through life from within.”

~Sydney Banks

You are born with an innate intelligence called wisdom that is always with you, guiding you from moment to moment. However, to hear this wisdom, you need to tune out of the ramblings of your mind and tune in to the still, small voice in your spirit. Notice how many distractions there are to keep you from doing this.

Make it a point to read or listen to [words of wisdom](#) from spiritual mentors with whom you resonate, as this will open the door to life-changing insights and a whole new world of understanding. With Today-Focused Living, you don't need to rely on your old thoughts and knowledge to live life. There's always fresh wisdom available to you right now.

Instead of thinking that wisdom is some strange, elusive quality beyond your grasp, discover that it's actually always here, inside you, waiting for you to be still enough to listen it. .

MOVE YOUR BODY

“Exercise not only changes your body, it changes your mind, your attitude and your mood.”

~Unknown

Take a moment to notice any thoughts and beliefs you may have about exercising. There can be years of negative energy surrounding this topic because so many of us struggle with body image and wanting to change the way we look.

However, today is a new beginning and you can enjoy a healthier relationship with your body by listening to it and showing it some love.

What kind of movement do you feel drawn to? Something quite rigorous like running, climbing and competitive sports, or something more gentle like yoga and tai chi? Walking and dancing are both beautifully natural ways to move your body.

No matter what your limitations, fitness or energy levels, there is always some form of physical movement you can do to help you improve your health and feel better. Instead of focusing on memories or comparisons, be open to trying different things until you will find something that works perfectly for you.

NOURISH YOUR BODY

“Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: “Thank you!”

~Karen Salmansohn

There’s no shortage of information on what to eat and what not to eat but it can often feel overwhelming and confusing trying to navigate the world of healthy eating.

You can simplify the matter of giving your body the nourishment it needs by finding ways to incorporate more goodness into your days. For example, smoothies, soups and stews are easy ways to eat more vegetables, and you can buy some things that are ready prepared to save time on your meals.

With Today-Focused Living, you can disregard your dieting history. All that matters is what you choose to put in your mouth TODAY.

Ultimately, the goal is to find simple ways to nourish your body, without any complicated mental narrative. Start by finding one thing you can eat today that will make your body happy and listen to it saying “Thank you.”

O PEN

“ *Nothing, ever, is worth closing your heart over.*

~Michael A. Singer

Open your mind, open your heart, open your whole being to life! A lot of the time we don't realise it, but we go through life with a closed energy. You can actually sense it in other people but you may not recognise it in yourself.

You have a beautiful energy inside of you that wants to flow freely and it's directly related to the opening and closing of your heart. Whenever you have judgmental thoughts or disagree with how life is unfolding, you close your heart and block the flow of that energy.

Notice this energy of resistance within you. Notice how you're putting demands on life's events, wanting things to go according to your personal preference. Are you unconsciously at war with the world and fighting with life because you want things to be your way?

Tune in to your inner energy and be sensitive to any resistance and tension inside you. Are you willing to let it go? If so, when?

P LAY

“ *We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing.*

~Charles Schaefer

Once upon a time, you were a small child and went through life in a very different way. You had a playful attitude towards everything, being fascinated with the wonder of the world around you. You weren't afraid to explore and try new things, experimenting and getting messy.

That healthy sense of play and adventure is still inside you, even though it may have been ignored for many years. It is still very much there and you can spark that playful attitude, simply by allowing yourself to be like that little child again.

Keep your heart open and allow yourself to play around and have a go at doing different things. Find activities you can explore and have fun with. Today, why not give yourself the freedom and time to play? It's more important than you might imagine

Q QUIET TIME

“*If quiet and space are so important for our happiness, why don't we make more room for them in our lives?*”

~Thich Nhat Hanh

Quiet time is so important. Without quiet time, the body and the mind don't get the rest that they need. Quiet time can come in many different forms. It can be spending time alone in nature or simply putting away your screens for a while. If you have a meditation practice, that can be your quiet time, as can taking a bath or just laying down to rest.

Quiet time is a way of creating space in your day, which is a beautiful thing to do. The more you have quiet time and appreciate it, the more you'll connect with the stillness inside you. This, in turn, will make it easier for you to listen to the wisdom within.

When you make time for being still, you'll discover how precious it is, and how simple it can be to stop as you're going through your day. Quiet time means taking a break from the world of your mind and the busyness and hurried nature of modern life. You get to rest from being on the hamster wheel of life. You get to rest from trying to be and do so much.



“*I love the way that each book – any book – is its own journey. You open it, and off you go...*

~Sharon Creech

As always, come to this subject with an openness in your being. Some of us are quick to put ourselves in a particular camp, e.g. I'm not a reader, or I only read fiction, or I'm not interested in that genre. There's nothing wrong with having a preference but, with Today-Focused Living, you have the freedom to be curious and expand your mind. Try reading something different once in a while and see what you discover. You may be pleasantly surprised.

Perhaps you already read on your computer, phone or Kindle, but there's something to be said for actually holding a book in your hands and turning the pages. Audiobooks are wonderful, but do be mindful of any distractions that prevent you from fully absorbing what you're listening to, or if what you're listening to is distracting you from something you need to be more present with.

If you find it difficult to read because you can't focus or you're just not used to it, find books with beautiful pictures to enjoy looking through, or find a short book and read a tiny bit each day. It all counts. Gently guide yourself into the enriching experience of daily reading adventures.

SIMPLIFY



Simplicity is the ultimate sophistication.

- Leonardo da Vinci

What a blessing it is to live a simple life! Our soul yearns for simple and uncomplicated living, but the world's systems and the workings of the mind are incredibly complicated.

Finding ways to simplify your daily life can be a welcome challenge. Begin with your To-Do list and your calendar. What can you let go of to create space in your days? What about the apps on your phone and the folders on your computer? Do you need to simplify your meal times? Are you disorganised and overspending because you're trying to do too much? It's worth going back to basics and starting fresh with all the areas of your life.

Notice any resistance that may rise up and old beliefs that close the door of your heart. This doesn't need to be difficult or unpleasant. Just consider, honestly, how complicated you want your life to be and whether you need all the busyness and distractions you've become accustomed to. Don't wait until some time in the future to realise what is really important in life. Use your time and energy wisely today.

T RUST YOUR INTUITION

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The more you trust your intuition, the more empowered you become, the stronger you become, and the happier you become.

~Gisele Bundchen

Trusting your intuition means that you don't rely so much on your mental reasoning and what other people say. Instead, you're listening to and trusting an inner feeling, this sense of knowing what feels right for you. Naturally, there's a lot of hesitation around this idea because we don't trust ourselves and this deep sense of knowing.

Always remember you have three parts: physical psychological and spiritual, and your spiritual part is divine and mysterious, so don't expect to understand it. Yet it's very real and the more you ignore it, the less connected you'll feel to your intuition and wisdom.

Trust your intuition because it's actually more reliable than your old thoughts and knowledge. How do you know if it's your intuition? When there's clarity, simplicity and inner peace. If you have doubts and complications, it's the mind.

Today, have some quiet time and connect with your intuition so that you can sense it, follow it and, ultimately, trust it to guide you all the days of your life.

USE WHAT YOU HAVE



Never let the things you want make you forget the things you have.

~Sanchita Pandey

Firstly, before you buy anything new, see if you can find something you already own that you can use instead. We really don't need as much stuff as the world and our mind would have us believe we do.

Secondly, take a good look at the things you have in your home and start using them. Many of us have a lot of stuff we don't use that is collecting dust and cluttering our home. If we don't use things, why keep them?

Consider what you have in your home and how often you use those items. Take a good look at your book collection, clothes, shoes, your music collection, stationery supplies, games, arts and crafts supplies and things in your garage. Have you bought any online courses lately? You don't need to keep waiting to use these things.

Today, find something you haven't used in a while and start using it. Notice how you become more mindful of what you buy and the simple satisfaction you enjoy as you learn to appreciate what you have.



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There's a whole world out there, right outside your window. You'd be a fool to miss it.

~Charlotte Eriksson

Don't let your days be so full or familiar that you don't make time to go outside and pay visits once in a while. Whether you're visiting a different country or a familiar place in your neighbourhood, it really doesn't matter as much as the feeling you get from visiting that place. Have you put off travelling, focusing on the limitations your mind likes to point out? Perhaps it's time to change your mind and visit some more places while you're able to.

Then there's the benefit of visiting people. Whether it's an elderly relative or a friend who feels lonely, your visit and conversation time could make a huge difference to their day. Perhaps you've built up friendships over the years with people you've never actually met in person. Consider visiting them. What about a local interest group?

The point is to get out and about. You get to decide how often you want to go visiting but notice how refreshing it can be to have that change of scenery and that contact with another person.

WAKE UP WITH A SMILE

“Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.”

~Thich Nhat Hanh

When you first wake up in the morning, there's a small window of opportunity before the mind kicks in with its memories, problems and to-do list. As you start becoming conscious of who you are and the story of your life, remember to greet this new day with a warm smile.

Start your day with the realisation that it's truly a blessing to be alive. Not only are you alive, but you have been given the gift of a brand new day. Today, everything is new - as long as you're not living in your remembered past all the time and letting it interfere with the newness of this day.

Smile because today is the greatest gift. Smile because it makes you and the people around you feel good. Smile because it makes your face look beautiful. Smile because you can. Waking up with a smile isn't something to pressure yourself about, but it is worth making the effort to start your day in this way.

X-RAY VISION

“You can only forgive if you realize that whatever actions have been perpetrated are the effects of human unconsciousness. In other words, what Jesus said on the cross: “Forgive them for they know not what they do.”

~Eckhart Tolle

Check in with your heart today and sense if it feels closed concerning a particular person. Have you been carrying a heavy weight around with you, the weight of unforgiveness?

An unforgiving heart causes you to go through life with a pain that perhaps doesn't need to be there anymore. Reconsider the people you feel have wronged you and use X-ray vision to see through their unconscious behaviour. When someone hurts another person, they have become possessed by their unconscious thoughts and repressed emotions, getting completely caught up in their mind-created drama.

If you can allow your heart to soften for a moment and look at what happened with a fresh perspective, you may find that you're now able to let the unforgiveness go. Actually, forgiveness is about you and releasing yourself from any more unnecessary pain. Look through what happened with X-ray vision and see the unconsciousness in the person. True forgiveness can never be forced. It can only be realised by a wise mind.

YES TO THE YEARS

“*The longer I live, the more beautiful life becomes.*

~Frank Lloyd Wright

Saying yes to the years means saying an emphatic YES to growing older and living the rest of your life in the wisest way. For too long, we have been afraid of old age and shying away from the changing seasons within our being. We've been ignoring the fact that our days are numbered and that we're not going to live on this earth forever.

Instead of seeing this subject as depressing or morbid, we need to understand how natural ageing is and not carry around an unhealthy resistance to it. Saying yes to the years means respecting and loving ALL the years of our life, from beginning to end. What a blessing it is to grow old and to live life for a long time!

As our body deteriorates and slows down, we have the opportunity to get to know the deeper, spiritual aspect of ourselves, which is being renewed and strengthened day by day. There's so much to learn when it comes to ageing well, so begin today by embracing whatever season of life you find yourself in, and opening your mind and heart to a kinder view of the rest of your life.

ZOOM OUT

“Be present as the watcher of your mind, of your thoughts and emotions as well as your reactions in various situations.

~Eckhart Tolle

We have approximately 60,000 thoughts per day, 95% of which are repetitive and 75% of which are negative. We are all familiar with having stressful thoughts that affect our wellbeing, but what can we do about it? Some try controlling their thoughts, some try stopping them and others try changing them into positive ones. There are many techniques available to deal with these troublesome thoughts, however, the most effective way is to simply change your relationship with them.

Make peace with the fact that you are a thinking being and that thoughts are going to rise up throughout the day. Understand that you don't need to give them your attention. If you stop taking your thoughts so seriously and believing them, they begin to settle down and stop bothering you so much.

Today, instead of being a victim of your thoughts, zoom out and become the observer of yourself. Take your place as present awareness and allow your thoughts to fade into the background of your experience. Stop fighting and arguing with them and you will find they lose their power over you.

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*Thank you for doing
the Today List with me!*

I'm excited to see how you'll use this transformational tool and how quickly you'll notice changes in your daily life.

If you haven't already, do check out my Normal Spiritual Lifestyle Playlist on YouTube, which includes short videos to help you remember all 26 points on the list.

I invite you to connect with me and share your journey on social media by using the hashtag: **#thetodaylist**

YouTube

Facebook

Instagram

TikTok

alikireddy@gmail.com