



ENTREPRENEUR WELLNESS CHECKLIST

Protecting Your Peace While Building the Brand

WHY THIS MATTERS:

Founders and visionaries often carry the weight of the mission alone. This checklist is your self-care compass—a way to stay mentally aligned as you scale.

WEEKLY TEAM CHECK-IN PROMPTS:

- ☒ Have I eaten 3+ real meals daily this week?
- ☐ Did I move my body at least 3 times this week?
- ☐ Have I slept at least 6 hours per night?
- ☐ Have I taken a break without guilt?
- ☐ Have I shared something hard with someone I trust?
- ☐ Did I spend at least one hour on something joyful (non-business)?
- ☐ Have I turned off my phone for at least 30 mins?
- ☐ Have I reconnected with my "why" this week?
- ☐ Have I said no to something that drained me?
- ☐ Did I check in on my mindset or get coaching/therapy?

REFLECTION QUESTIONS:

1. What made me feel most alive this week?
2. What made me feel most stressed?
3. What am I tolerating that no longer serves me?
4. What do I need more of next week?

Print this. Post this. Protect your peace.

More tools available at www.matthewrosario.org