



Live Fully Now: Daily Checklist Reflection

Each day is a chance to live fully—right now. Here are Yimpy's six rules to guide your actions and reflections.

Rule 1: Treasure your family and friends – Give and Receive Only Love

Rule 2: Enjoy Every Minute of Life – Find joy in the moment

Rule 3: Share What You Have Learned – Pass on your lessons

Rule 4: Make Someone Smile Today – Spread a little happiness

Rule 5: Always Help Others Without Expecting Anything in Return – Help freely

Rule 6: Never, Ever Give Up – Keep pushing forward

You can't live at all, unless you live fully, NOW. Make today an amazing day.

Today's Checklist

Check at least two rules, add a note, and rate yourself (1–10):

Rule Reflection	Your Note	Rating (1–10)
Rule 1: Who did you connect with?		
Rule 2: What brought you joy?		
Rule 3: What did you share?		
Rule 4: Who smiled?		
Rule 5: How did you help?		
Rule 6: What did you push through?		