

Welcome to The Highest Self List

This is my actual, complete list of activities I use to stay aligned with my goals and create intentional, productive days. Think of it like your favorite menu – you're not meant to order everything. Some days you might do 15 things from this list, other days just 2 or 3. Both are perfect!

I've organized everything into "stacks" for different parts of the day, plus standalone activities you can do anytime. Use what resonates, adapt what doesn't, and make it your own.

Morning Stack

- Pray, Praise, and Visualize
- Read my Bible + Gratitude List + Best Case Scenario Journaling (all part of a focused morning journaling ritual)
- Cup of Tea + Tall Glass of Lemon Water (enjoy while reflecting or planning your day)
- Do Makeup (align this with your morning routine as a grounding ritual)
- 30 Minutes of Outdoor Movement
- Intentional Exercise + Core Exercise
- Listen to a Sermon + Making Breakfast
- Make Matcha + Listen to "Weightless by Marconi Union"

Midday Productivity Stack

- Follow Up with 3 Potential Customers
- Reach Out to 3 Past Customers
- 2 Moonshots (use a brainstorming session or focus block to tackle bold ideas)
- Clean Your Desk (refresh your workspace during a midday reset or break)
- Drink 40 oz of Water (aim for half your daily water goal by midday)
- Message a Friend and Tell Them You Love Them (add a touch of connection to your break or lunchtime routine)

Evening Wind-Down Stack

- Footbath + Watch a Good TV Show or Listen to a Nice Podcast
- Go on Pinterest + Listen to Happy Music (for creative inspiration or relaxation)
- Write Down 3 Things That You Are Thankful For at the End of the Workday + Plan Tomorrow's Workday
- Listen to Upbeat Music + 5+ Minutes of Abundance Incantation
- Clean Your Room (add this to your evening routine for a calming reset before bed)
- Read a book for 30+ minutes

Nighttime Sleep Stack

- Take Magnesium
- Bed Before 11 PM + Nighttime Visualization (visualize tomorrow's success as you drift off) 🧘
- 7+ Hours of Sleep

Standalone Activities

- Cold Shower (morning or after exercise for energy and mental clarity)
- Feed Your Mind (via podcasts, audiobooks, articles, or engaging conversations)
- Eat Intentionally (plan your meals to include 2 High-Protein Meals daily)
- Give Love / Do Something Nice for Others + Do Something Nice for Yourself
- Drink 80 oz of Water (spread across morning, midday, and evening)
- If you spent under an hour on social media

Remember: This isn't about checking boxes – it's about having a curated collection of activities you know will move you closer to your highest self. Each item you complete is a win. Tag me on Instagram (@kylabolden and @beyondboldpod) when you create your own list – I'd love to see your version!

Want to dive deeper? Listen to the full breakdown on the "Building a Dopamine Menu" episode of Beyond Bold, where I share exactly how I developed this system and how you can create your own version that actually works for your life. And if you haven't already, check out the full article on my Substack for the complete strategy behind turning this list into real success (plus my personal Google Sheets tracker that you can copy!).

Keep Up with Beyond Bold

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