

Electric Life Workday, Environment & Lifestyle Checklist™

How Your Daily Environment Shapes Your Body

Workday & Posture

Why This Matters

Your work setup directly influences how your body holds tension throughout the day. Poor positioning over time can lead to stiffness, tightness, and compensation patterns.

- My screen is at or near eye level
 - I am not constantly looking down at my phone
 - My shoulders are not rounded forward for long periods
 - My feet are supported when sitting
 - I am not locked into one position for hours
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Sitting & Movement Habits

Why This Matters

Even if you exercise, long periods of sitting can still lead to stiffness and reduced mobility. Your body needs regular movement throughout the day.

- I take movement breaks every 30–60 minutes
 - I stand, walk, or change positions regularly
 - I don't spend the entire day seated
 - I incorporate light movement into my routine
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Technology & Screen Use

Why This Matters

Frequent screen use can affect posture, attention, and overall nervous system load. It often encourages stillness and repetitive positioning.

- I am aware of how often I check my phone
 - I limit unnecessary scrolling or screen exposure
 - I take breaks from screens throughout the day
 - I reduce screen exposure before bed
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Social Media & Mental Input

Why This Matters

Constant input from social media can increase mental load and overstimulation. This can keep your nervous system in a heightened state without you realizing it.

- I am mindful of how social media affects my mood
 - I don't start or end my day immediately on my phone
 - I take breaks from constant input and stimulation
 - I notice when I feel mentally overloaded
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Sunlight & Environment

Why This Matters

Natural light and environmental variety support energy, mood, and circadian rhythm. Spending all day indoors can contribute to fatigue and low energy.

- I get outside daily (even briefly)
 - I am exposed to natural light early in the day
 - I am not indoors all day without variation
 - I change environments (home, office, outside)
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Ground Time & Natural Movement

Why This Matters

Spending time on the ground encourages natural movement, mobility, and joint variability. Modern environments often limit these opportunities.

- I spend time sitting, kneeling, or moving on the floor
 - I get up and down from the ground occasionally
 - I don't rely only on chairs and couches
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Stress & Nervous System Load

Why This Matters

Your nervous system responds to how busy, fast-paced, and demanding your day is. Without balance, this can lead to tension, fatigue, and reduced recovery.

- I feel like I have moments of calm in my day
- I am not constantly rushing or multitasking
- I notice when my body is holding tension
- I have ways to slow down or reset

End-of-Day Habits

Why This Matters

How you end your day affects how well your body recovers overnight. High stimulation late at night can impact sleep and nervous system regulation.

- I have a consistent wind-down routine
 - I reduce stimulation at night
 - I am not going straight from screens to sleep
 - I allow time for recovery before bed
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Reflection

Where do you feel the most strain in your day?

What environment or habit feels most challenging?

Key Reminder

Your body adapts to your environment — not just your workouts.
