



# **Welcome to Your Tenacity Checklist**

Strengthen Your Resolve &  
Resilience with Simple  
Daily Habits



**MARTIE SMITH**

# **Welcome to Your Tenacity Checklist:** Strengthen Your Resolve with Daily Habits

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In life and business, the ability to stay strong and determined through challenges is key to success.

This Tenacity Checklist is designed to help you develop the habits that will strengthen your resilience, sharpen your focus, and keep you moving forward—even when the going gets tough.

Packed with actionable, daily steps, this checklist will guide you toward building mental and emotional toughness.

Whether you're striving to improve your personal life or professional endeavors, these habits will support your journey to success!



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# Tenacity Checklist

## Morning Routine

- Wake up at the same time each day
- Consistency helps build mental toughness. Start your day with purpose.
- 10 minutes of mindfulness or meditation
- Center yourself to reduce stress and enhance focus.
- Set 3 top priorities for the day
- Focus on what's most important. Writing them down increases accountability.
- 20-30 minutes of physical activity - Whether it's a brisk walk, yoga, or a workout, movement boosts energy, mental clarity, and resilience.

## During the Day

- During the Day:
- Tackle the hardest task first
- Get the most challenging job done early while your energy is high ("Eat the frog").
- Take short, intentional breaks every 90 minutes
- A quick walk, stretch, or breathing exercise can recharge your brain and help you stay focused.
- Practice gratitude
- Write down 3 things you're thankful for to reframe your mindset in a positive way.
- Reframe setbacks as opportunities
- Every setback is a chance to learn. Instead of feeling defeated, ask yourself, "What can I learn from this?"



# Tenacity Checklist

## Afternoon Routine

- Stay connected to your 'why'
- When the going gets tough, reconnect with your deeper purpose to fuel your tenacity.
- Keep a growth mindset
- Believe that your skills and intelligence can be developed through dedication and hard work.
- Check in with your progress
- Take a moment to reflect on your tasks and whether you're still on track with your goals.

## Evening Routine

- Review daily wins & challenges
- Reflect on what went well and what you can improve.
- 10 minutes of journaling
- Writing about your experiences and emotions fosters self-awareness and resilience.
- Plan for tomorrow's top tasks
- Prepping your to-do list the night before reduces stress and sets the tone for a focused day.
- Get 7-8 hours of quality sleep
- Proper rest is critical for mental and physical endurance, ensuring you're ready to face tomorrow with energy and focus.



# BONUS TIPS:

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- **Keep track of progress:** Create a habit tracker to log your daily routines.
- **Surround yourself with supportive people:** Build a network of like-minded individuals who inspire and motivate you.
- **Celebrate small victories:** Take time to acknowledge even the smallest wins to stay motivated.

This checklist is designed to help you stay on track, build mental toughness, and maintain long-term tenacity in both personal and professional challenges.



MARTIE SMITH

# Meet Martie Smith

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Martie Smith, a bilingual Coach and Airforce Veteran was born in Colombia, South America but has moved 49 times in her lifetime. Learning from different cultures, surgeries and traumas obtained many life lessons. Now residing in North Carolina alongside her husband and partner of 42 years decided to share these tips to live a purpose-driven life journey with flexibility and resilience.

Martie has rebuilt and transformed her life and adopted a mission and vision to leave a legacy of hope for those open to implementing her helpful tips. They have come in handy for her to now live a vibrant and joyful life.

The people who learn from her see her as an example that others want to follow and be inspired.

## **Next Steps: Work with Martie!**

- Set up a complimentary 15 minute session
- Check out her blog all about resilience
- Grab your copy of her book 'Resilience Nourishes the Soul'



Visit <https://martiesmith.com/>