

DAILY CHECKLIST

NOTE: Give out at the start of group meeting. Then go over the next one line item in group meeting; never stop the cycle.

AREAS	I AM DOING WELL IN	I NEED HELP IN	NOTES	WENT OVER
X = "yes"				
<p>Is there anyone not getting a basic need?</p> <p>If so then give me your name and contact information.</p> <p>[Then submit the contact information of those people right now to the applicable person.]</p>				
RELATIONSHIPS				
Thinking Paranoia towards acting on it				
Personal Happiness				
Getting along with Others				

AREAS	I AM DOING WELL IN	I NEED HELP IN	NOTES	WENT OVER
X = "yes"				
Getting Enough Love				
WORK AND HOBBIES				
Work				
@ Leisure Side Work				
@ Leisure Hobby				
CLEANING				
Dressing good				
Hygiene, and Grooming				
Cleaning				

AREAS	I AM DOING WELL IN	I NEED HELP IN	NOTES	WENT OVER
X = "yes"				
House (...) Maintenance				
GIVING YOURSELF TREATS				
Giving yourself Treats				
Cooking, and Eating				

Thinking Paranoia to Act on It; Teach:

- To not go on it because of the likelihood of it being;
- To not act on hurting someone because of what one believes happened;

Personal happiness; use Williejay's books:

- ❖ How to Beat Schizophrenia and/or Overcome Deep Depression
↓
- ❖ Straight Dope
+
- ❖ About how to Beat Schizophrenia ...
+
- The Cure to Stress, Anxiety and Worry
↓
- ❖ How to Fix [Your] Mental Illness

- ❖ Get a Mental Check Before You Try to Get Married

- ❖ How to Marry God's Way

- ❖ How to be Happy

- ❖ Juicing Life (Coming Soon)

- ❖ How to Love Yourself

- ❖ The Best Luove Advice

The first nine books are at [amazon.com/author/williejaytstrong](https://www.amazon.com/author/williejaytstrong). The last three are or will be on www.Shoptly.com/RealDope.

How to Get Along with Others; Get Williejay's Books:

- ❖ Empirical of the Two Great Commandments ... (Coming Soon)
- ❖ Basically How to Communicate and Treat Each Other
- ❖ Compassion Affection

The books are on [amazon.com/author/williejaytstrong](https://www.amazon.com/author/williejaytstrong) and or www.Shoptly.com/RealDope.

Work:

- ❖ [Each Day] Go thru not wanting to work before going to work; this would be a ritual.
- ❖ Use Williejay's Book How to Live (Complete) section "Work to Do" to learn what work to do and how to go about working.

The book is on [amazon.com/author/williejaytstrong](https://www.amazon.com/author/williejaytstrong).

Leisure side work: Use Williejay's Book How to Live (Complete) section "Business to Do" to learn what business to do. The book is on [amazon.com/author/williejaytstrong](https://www.amazon.com/author/williejaytstrong).

Cleaning

- ❖ Learn how to get motivate from book About how to Beat Schizophrenia ... The book is on [amazon.com/author/williejaystrong](https://www.amazon.com/author/williejaystrong).
- ❖ [This might help too:] Imagine a 40+ year old good “Pakistani woman” (strong woman of wrong) loving you, getting you to do your:
 - Hygiene
 - Cleaning
 - Maintenance
 - Grooming

To get a copy of this checklist go to: www.HousesOfJason.com/The-Personal-Checklist.

NOTE: Any company or person interested in conducting business in:

- Coaching for schizophrenia, deep depression, life or love;
- Holding online peer group meetings contact or;
- Providing friendly conversation to those who need it;

Please contact Williejay at WilliejayTStrong@Yahoo.com. My process great repairs schizophrenia patients from the very start.

Sincerely,

-Williejay T. Strong