

## **2019: Year of Completion**

I have so many things started, and so many small goals that I start, but never complete. This year I want to work on finishing the started tasks, and avoid starting new projects. There are too many things that I want/need to finish. Lets finish them.

### **Q1: Season of Health**

- Regularly Exercise
  - Run(T,TH)
  - Workout(M,W,F)
- Reattain the regular meditation(Every day)
- Begin cooking more and cooking better(2-3 times a week)