

Thursday 1/1/2015 New Year's Day

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Friday 2/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Saturday 3/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Sunday 4/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Monday 5/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Tuesday 6/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Wednesday 7/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Thursday 8/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Friday 9/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Saturday 10/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Sunday 11/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Monday 12/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Tuesday 13/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Wednesday 14/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Thursday 15/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Friday 16/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Saturday 17/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Sunday 18/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Monday 19/1/2015 Martin Luther King, Jr. Day

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower. ~ 40 min

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Tuesday 20/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Wednesday 21/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Thursday 22/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Friday 23/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Saturday 24/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Sunday 25/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Monday 26/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Tuesday 27/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Wednesday 28/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Thursday 29/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Friday 30/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement:

Saturday 31/1/2015

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Morning Ritual Checklist (~ 7 AM)

*Get up straight and drink some water. Cardio and power-posing. Gratitude. Review the day. Shower.
~ 40 min*

Today's Tasks

Today's challenge is: _____

Pre-Sleep Ritual Checklist (22:00)

Keep off blue light. Plan the next day. Read until 23:20. Then meditate and sleep.

Reflection

What went well:

Opportunities for improvement: